

for the
little ones

LAMB Pasta Bake

 40 minutes 2 servings LAMB

Greek pasta bake with spiced lamb, cheesy pasta and a creamy sauce on top. Great for colder nights or when you want something extra comforting!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	72g	52g	116g

FROM YOUR BOX

SHORT PASTA	500g
LAMB MINCE	300g
SHALLOT	1
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
MILK	250ml
PARMESAN CHEESE	1 bag
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, dried oregano, ground cinnamon

COOKING TOOLS

frypan, saucepan, ovenproof dish

For a faster option, serve this as lamb meatballs in tomato sauce over pasta — fewer pans, same great flavour!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta.



1. COOK the Pasta

Preheat oven to 220°C.

Boil a large saucepan of **water**, add **1/2 packet pasta**, and cook until just al dente. Drain and place in an oven dish.

tip Stir once or twice to stop sticking!



4. BUILD & Bake

Spread **meat sauce** over the **pasta**, tucking it in. Pour over the **cheese sauce** and sprinkle with remaining **parmesan**. Bake for 10 minutes until golden and bubbly.

tip Add a layer of baby spinach under the meat sauce for extra greens!



2. Make the Meat Sauce

Heat **oil** in a frypan. Brown the **lamb mince**. Dice and add **shallot**, crushed **garlic**, **tomato paste**, **1 tsp oregano**, **1/3 tsp cinnamon**, **2 tbsp water**, **salt**, and **pepper**. Cook for 5 minutes.



5. Make Side Salad

Dice **cucumber** and halve **cherry tomatoes**. Toss in a bowl with **olive oil**, **salt** and **pepper**. Set aside.

tip Try adding 1/2 tsp dried oregano, a splash of vinegar, or even some feta cheese or olives!



3. Prepare the Cheese Sauce

In a small pan, whisk **1 tbsp cornflour** with **1 tbsp water**. Add **milk** and cook over medium heat, whisking, until thick. Take off the heat and stir in **1/2 the parmesan**. Season to taste with **salt and pepper**.



6. finish AND Serve

Serve the **pasta bake** at the table with side **salad**.