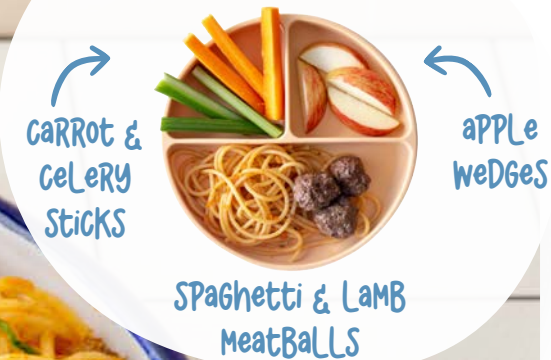


FOR the
Little ONES

LAMB RAGU SPAGHETTI

This family-friendly lamb ragù is a warm and comforting pasta dish, cooked in a rich tomato sauce with a hint of cinnamon and oregano.

 30 Minutes

 2 Servings

 Lamb

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	45g	39g	126g

FROM YOUR BOX

SPAGHETTI	1 packet
RED APPLE	1
CARROT	1
BROWN ONION	1
CELERY STICK	1
GARLIC CLOVE	1
LAMB MINCE	300g
CHOPPED TOMATOES	400g
PARSLEY	1 packet
PINE NUTS	20g

FROM YOUR PANTRY

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

COOKING TOOLS

frypan, saucepan

Make a smooth sauce by blending chopped tomatoes and vegetables before adding to pan with mince.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet spaghetti** and cook for 8-10 minutes or until cooked al dente. Drain and set aside.

tip Stir a few times to ensure the pasta doesn't stick together while cooking.



4. MAKE THE SAUCE

Stir in **carrot, apple** and **chopped tomatoes**. Pour in **1/3 tin water**. Cover and simmer for 10 minutes over medium heat.



2. PREPARE THE INGREDIENTS

Meanwhile, grate **apple** and **carrot**.

Dice **onion** and **celery**, crush **garlic**. Keep separate.

tip Use the fine grater for the carrot to hide in sauce. You can serve carrot, celery and apple fresh if you prefer!



5. TOSS PASTA & SAUCE

Toss **sauce** and **spaghetti** together. Season to taste with **salt and pepper**.

tip Serve sauce and pasta separately if you or your family prefers!



3. COOK THE LAMB

Heat a pan with **oil** over medium-high heat. Add **lamb mince** and cook for 5 minutes. Add **onion, celery** and **garlic**. Season with **2 tsp oregano** and **1/4 tsp cinnamon**. Cook for 3-4 minutes.

tip You can switch oregano for dried rosemary or thyme if you like!



6. FINISH AND SERVE

Toast **pine nuts** in a dry pan (optional). Finely chop **parsley**.

Serve **pasta** and **sauce** at the table topped with **pine nuts** and **parsley**.

tip Serve with a side salad of some fresh herbs or chilli flakes for garnish if you have some available.