


 FOR THE
 LITTLE ONES

 Celery &
 Carrot

Pear

 Pasta & Meat
 Sauce

WARMING PORK BOLOGNESE

A classic bolognese recipe with a warming twist of cinnamon served over fusilli pasta and topped with parmesan cheese.

30 Minutes

2 Servings

PORK

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	78g	26g	130g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
PORK MINCE	500g
CINNAMON HERB MIX	1 tub
TOMATO PASSATA	1 jar
SHORT PASTA	1 packet
BABY COS LETTUCE	1
PEAR	1
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

COOKING TOOLS

large frypan, saucepan

Cinnamon Herb Mix: cinnamon, oregano, thyme, cloves, 1 bay leaf, garlic granules.

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. PREPARE the VEGETABLES

Bring a saucepan of **water** to a boil.

Finely dice **onion** and **carrot** (alternatively grate).

tip *Serve carrot fresh as sticks if the kids prefer!*



4. BOIL the PASTA

Meanwhile, add **1/2 packet pasta** to **boiling water** and cook according to packet instructions or until al dente. Stir occasionally. Drain and rinse.

tip *Toss pasta with some olive oil to stop it from sticking together!*



2. BROWN the MINCE

Heat a frypan with **oil** over medium-high heat. Add **pork** and cook for 5 minutes, breaking up lumps. Add **onion** and **carrot**. Cook for further 4-5 minutes. Stir in **cinnamon herb mix**.

tip *Hide the vegetables by blending with 1/2 jar passata before adding to pan.*



5. PREPARE the SIDE SALAD

Trim and wedge **baby cos lettuce** and **pear**. Arrange on a serving plate and scatter over **1/2 bag parmesan cheese**.

tip *Dress with olive oil and balsamic vinegar if you like.*

3. SIMMER the BOLOGNESE

Pour in **tomato passata** and **1/4 jar water**. Season with **salt and pepper**. Simmer, semi-covered, for 8-10 minutes. Stir occasionally.



6. FINISH AND SERVE

Serve **pasta** and **bolognese** at the table. Top with **remaining parmesan cheese**.

tip *Toss pasta and sauce together before serving if you prefer!*