



Beef Bolognese with Cherry Tomatoes and Parmesan

A speedy family-style pasta dish with a lighter bolognese sauce, cooked with cherry tomatoes, fennel seeds and garlic, all topped with shaved parmesan and fresh rocket leaves.



20 minutes



4 servings



Beef

23 December 2022

Product Spotlight: Parmesan Cheese

Parmesan is a delicious, nutty, sweet and salty hard cheese that complements tomato-based dishes. You can freeze any leftovers!



Make pasta cups!

You can make baked pasta cups for snacks! Combine the bolognese pasta with beaten egg and the parmesan cheese. Spoon into a muffin tray and bake until set!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	16g	106g

FROM YOUR BOX

SHORT PASTA	1 packet (500g)
BROWN ONION	1
BEEF MINCE	500g
TOMATO PASTE SACHETS	2
CHERRY TOMATOES	2 packets (2 x 200g)
ROCKET LEAVES	1 bag (60g)
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

salt, pepper, balsamic vinegar, 1 garlic clove, fennel seeds

KEY UTENSILS

large frypan, saucepan

NOTES

You can keep the tomatoes fresh if preferred.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to boiling water and cook according to packet instructions or until al dente. Reserve **1/2 cup cooking liquid** before draining. Set aside.



2. COOK THE BEEF

Heat a frypan over medium-high heat. Dice and add onion along with beef mince, **1 crushed garlic clove** and **2 tsp fennel seeds**. Stir through beef with tomato paste. Cook for 6-8 minutes, season with **salt and pepper**.



3. ADD THE TOMATOES

Halve tomatoes and toss through beef along with **2 tbsp balsamic vinegar**. Cook for 2-3 minutes until just warmed through (see notes).



4. TOSS THE PASTA

Toss cooked pasta with beef until well combined. Loosen with **reserved cooking liquid** if needed. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Transfer pasta to a serving dish. Top with rocket leaves and garnish with parmesan cheese.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

