

for the
little ones

CUCUMBER

tomato

Pasta & MeatBALLS



LAMB Pasta Bake



40 minutes



4 servings



LAMB

A cosy 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!

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FROM YOUR BOX

SHORT PASTA	500g
LAMB MINCE	600g
BROWN ONION	1
GARLIC CLOVE	1
TOMATO PASTE	2 sachets
MILK	200ml
PARMESAN CHEESE	1 bag
LEBANESE CUCUMBERS	2
CHERRY TOMATOES	200g

FROM YOUR PANTRY

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

COOKING TOOLS

large 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 the **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 **onion**, crushed **garlic**, **tomato paste**, **2 tsp oregano**, **1/2 tsp cinnamon**, **1/4 cup water**, **salt**, and **pepper**. Cook for 10 minutes.



5. Make Side Salad

Dice **cucumbers** 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 **1/3 cup 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**.