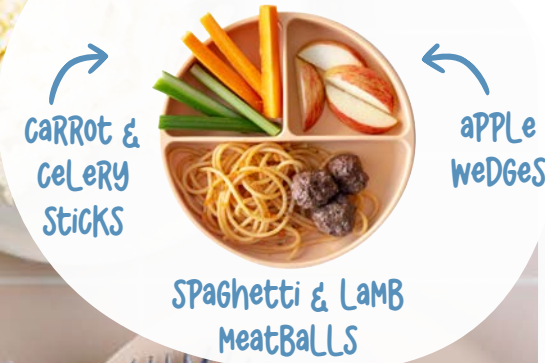




for the  
little ones



# LAMB Ragu SPAGHETTI



30 Minutes



4 Servings



LAMB

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.

How did the cooking go? Go to the **My Recipes** tab in your **Profile** and leave a review or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)



## FROM YOUR BOX

SPAGHETTI	1 packet
RED APPLE	1
CARROT	1
BROWN ONION	1
CELERY STICKS	2
GARLIC CLOVES	2
LAMB MINCE	600g
TOMATO PASTE	1 sachet
CHOPPED TOMATOES	400g
FETA CHEESE	1 packet

## FROM YOUR PANTRY

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

## COOKING TOOLS

large frypan, saucepan

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

### 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

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



### 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!



### 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 tsp cinnamon**. Cook for 3-4 minutes.

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



### 4. Make the Sauce

Stir in carrot, apple, **tomato paste** and **chopped tomatoes**. Cover and simmer for 10 minutes over medium heat.



### 5. TOSS Pasta & Sauce

Stir in **1 cup water** (or adjust amount to suit). Toss sauce and spaghetti together. Season to taste with **salt and pepper**.

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



### 6. FINISH AND SERVE

Grate, crumble or dice **feta cheese**. Serve pasta and sauce at the table topped with feta cheese to your liking.

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