


 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

4/6 Servings

PORK

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	62g	23g	111g/79g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CELERY STICKS	2	3
CARROTS	2	3
PORK MINCE	500g	2 x 500g
CINNAMON HERB MIX	1 tub	2 tubs
TOMATO PASSATA	1 jar	1 jar
SHORT PASTA	1 packet	1 packet
BABY COS LETTUCE	2	2
PEARS	1	2
PARMESAN CHEESE	1 packet	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, celery** and **carrots** (alternatively grate).

tip Serve celery and carrots fresh as sticks if preferred!



4. BOIL the PASTA

Meanwhile, add **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, celery** and **carrots**. 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 **lettuce** and **pears**. 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 **1/2 jar water**. Season with **salt and pepper**. Simmer, semi-covered, for 8-10 minutes. Stir occasionally.

6P – pour in tomato passata and 1 jar water.



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!