



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

for the
little ones

cucumber

tomato

Pasta & Meatballs



LAMB Pasta Bake



40 minutes



4/6 servings



LAMB

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!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	57g/48g	43g/39g	109g/77g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	500g
LAMB MINCE	600g	600g + 300g
BROWN ONION	1	1
GARLIC CLOVE	1	2
TOMATO PASTE	2 sachets	3 sachets
MILK	250ml	250ml
PARMESAN CHEESE	1 bag	1 bag
LEBANESE CUCUMBERS	2	3
CHERRY TOMATOES	200g	2 x 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!

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!



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.

6P – use **3 tsp oregano**, **3/4 tsp cinnamon** and **1/3 cup water**.



3. PREPARE the Cheese Sauce

In a small pan, whisk **1 tbsp cornflour** with **1/4 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**.



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.

6P – use **parmesan cheese to taste**.



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!



6. FINISH AND SERVE

Serve the **pasta bake** at the table with **side salad**.