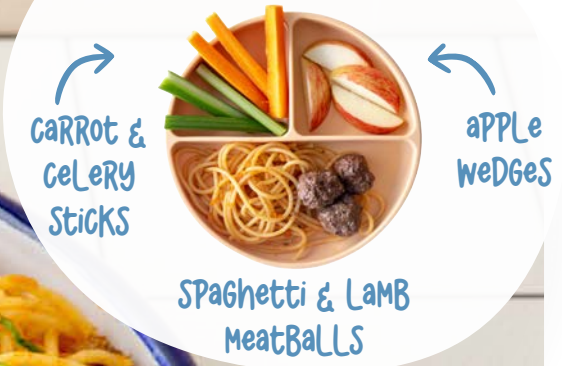


FOR the
Little ONES



CARROT &
CELERY
STICKS

APPLE
WEDGES

SPAGHETTI & LAMB
MEATBALLS



LAMB RAGU SPAGHETTI

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.

30 Minutes 4/6 Servings LAMB

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	42g	36g	105g/82g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPAGHETTI	500g	500g
RED APPLE	1	1
CARROT	1	2
BROWN ONION	1	1
CELERY STICKS	2	2
GARLIC CLOVES	2	2
LAMB MINCE	600g	600g + 300g
TOMATO PASTE	1 sachet	2 sachets
CHOPPED TOMATOES	400g	400g
PARSLEY	1 packet	1 packet
PINE NUTS	20g	2 x 20g

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.

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 **3 tsp oregano** and **1/2 tsp cinnamon**. Cook for 3-4 minutes.

6P – use **1 tbsp oregano** and **3/4 tsp cinnamon**.



4. MAKE THE SAUCE

Stir in **carrot, apple, tomato paste** and **chopped tomatoes**. Pour in **1/2 tin water**. Cover and simmer for 10 minutes over medium heat.

6P – add **3/4-1 tin water**.



5. TOSS PASTA & SAUCE

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

Toast **pine nuts** in a dry pan (optional). Finely chop **parsley**.

Serve **pasta** and **sauce** at the table topped with **pine nuts** and **parsley**.

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