



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Tomatoes

Tomatoes come in almost endless varieties. That means they're not just red, but any colour from red to green to yellow to purple — and even black.



3 Summer Beef Bolognese

A summery take on the traditional beef bolognese, featuring fresh basil, tomato, parmesan and alfalfa sprouts.

 30 minutes

 2 servings

 Beef

1 February 2021

Warmer Version

If preferred, transform this into a more traditional, warmer bolognese-style dish. Fry beef mince and diced shallot, then add tomato paste, 1 tin of tomato from your pantry, Italian herbs, crushed garlic and grated carrot. Simmer for 15-20 minutes and serve over cooked pasta.

FROM YOUR BOX

LONG PASTA	250g
BEEF MINCE	300g
SHALLOT	1
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
TOMATO	1
CARROT	1
FRESH BASIL	1/2 packet *
TRIO OF SPROUTS (ALFALFA)	1/3 punnet *
SHAVED PARMESAN CHEESE	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried Italian herbs (or oregano), balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

In step 3, you can add water from the pasta!

No beef option – beef mince is replaced with chicken mince. Add 1 tbsp oil when frying in step 2.

No gluten option – pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until cooked al dente. Drain, then toss with **1 tbsp olive oil, salt and pepper**.



2. COOK THE MINCE

Heat a frypan over medium-high heat. Add mince and cook, breaking up with a spoon as you go, for 5 minutes.



3. ADD THE SHALLOT

Slice shallot and add to pan with crushed garlic and **1 tbsp oil**. Cook for 3 minutes, then add tomato paste, **1 tsp Italian herbs, 1 tbsp vinegar and 1/2 cup water** (see notes). Simmer for 5 minutes.



4. MAKE THE SALAD

Wedge tomato, julienne (or grate) carrot and slice basil. Toss together with **2 tsp olive oil and 1 tsp vinegar**.



5. FINISH AND PLATE

Divide pasta among bowls, add mince to the side and top with tossed salad. Finish with alfalfa sprouts and parmesan cheese.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

