



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parmesan Cheese

Authentic Parmigiano Reggiano cheese can only be made in five locations in Italy: in the provinces of Parma, Reggio-Emilia, Modena, Mantua and Bologna.



3 Spaghetti Bolognese

The world-famous spaghetti bolognese, this time jam-packed with hearty vegetables, free-range WA-raised beef mince, and lots of love.

30 minutes

4 servings

Beef

One-pot wonder

Toss together cooked pasta and sauce before serving, if preferred!

FROM YOUR BOX

LONG PASTA	500g
BEEF MINCE	600g
BROWN ONION	1
GARLIC CLOVES	2
CARROTS	2
CELERY STICKS	2
ENGLISH SPINACH	1/2 bunch *
TOMATO PASTE	1 sachet
TOMATO SUGO	1 jar
BASIL	1 packet
PARMESAN CHEESE	1/2 packet *

*Ingredient also used in another recipe

FROM YOUR PANTRY

salt, pepper, Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Feel free to add spices to taste! For example, ground paprika, dried rosemary, or dried oregano work well in bolognese.

No beef option – beef mince is replaced with chicken mince. Add 1 tbsp oil to pan at 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 al dente. Drain, reserving **1 cup pasta water**.



2. BROWN THE MINCE

Heat a large frypan over medium-high heat. Add the mince and cook for 4–5 minutes, breaking up with a spatula as you go. Dice and add onion with crushed garlic and **2 tsp Italian herbs** (see notes). Cook for a further 3 minutes.



4. ADD THE TOMATO SAUCE

Add tomato paste, sugo and **1 jar water**. Semi-cover and simmer for 10–15 minutes. Then, add **reserved pasta water** to thin sauce to your liking (we used 1/2 cup). Season with **salt, pepper and 1 tbsp vinegar**.

5. FINISH AND PLATE

Chop the basil.

Divide pasta between plates and top with sauce, parmesan and chopped basil.

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**

