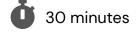




Summer Beef Bolognese

A summery take on the traditional beef bolognese, featuring sweet cherry tomatoes and alfalfa sprouts.





4 servings



Warmer Version

If preferred, transform this into a more traditional, warmer bolognese-style dish. Fry beef mince and diced onion, then add tomato paste, quartered cherry tomatoes, 1/2 cup water, Italian herbs, crushed garlic and grated carrot. Simmer for 15-20 minutes and serve over cooked pasta.

FROM YOUR BOX

| LONG PASTA | 500g |
|---------------------------|--------------|
| BEEF MINCE | 600g |
| BROWN ONION | 1 |
| GARLIC CLOVES | 2 |
| TOMATO PASTE | 1 sachet |
| CHERRY TOMATOES (MIXED) | 1 bag (200g) |
| 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 2 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 ONION

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



4. MAKE THE SALAD

Halve cherry tomatoes, julienne (or grate) carrot and slice basil. Toss together with 1 tbsp olive oil and 1/2 tbsp 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.





