



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Cherry Tomatoes

Cherry tomatoes come in over 100 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 sweet cherry tomatoes and alfalfa sprouts.

 30 minutes

 4 servings

 Beef

1 February 2021

### 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.

**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](mailto:hello@dinnertwist.com.au)

