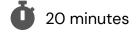




Summer Beef Bolognese

A quick and easy summer version of beef bolognese, served with grain pasta and fresh rocket leaves.



25 February 2022



2 servings



You can add grated zucchini, carrot or even sliced capsicum into the bolognese to sneak in some extra veggies!

96g

FROM YOUR BOX

GRAIN PASTA	1 packet
BEEF MINCE	300g
CHERRY TOMATOES	1 bag (200g)
BROWN ONION	1
CELERY STICK	1
TOMATO PASTE	1 sachet
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Dress the rocket leaves with some balsamic vinegar and olive oil if preferred.

If you have any on hand, garnish your bolognese with some feta or parmesan cheese.



1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook according to packet instructions. Drain and rinse.



2. BROWN THE MINCE

Heat a frypan over medium-high heat. Add mince along with **2 tsp Italian herbs.** Cook for 5 minutes.



3. ADD THE VEGETABLES

Halve cherry tomatoes, slice onion and celery stick. Add to pan as you go. Stir in tomato paste, 2 tsp balsamic vinegar and 1/2 cup water. Simmer for 10 minutes, lightly crushing tomatoes as they cook.



4. TOSS THE PASTA

Add pasta to bolognese sauce. Toss to combine well. Season with **salt and pepper**.



5. FINISH AND SERVE

Divide pasta among bowls. Serve with fresh rocket leaves (see notes).



