



Product Spotlight: Rocket Leaves

Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salad!



Summer Bolognese with Zoodles

Beef bolognese cooked in a flash! This Summer bolognese is cooked with bright cherry tomatoes and is served over zucchini and carrot noodles with a crumble of feta cheese to finish.

25 minutes

2 servings

Beef

24 February 2023

Bulk it up!

To bulk up this dish, serve it with cooked pasta, dice zucchini and grate carrot, and add to the bolognese sauce to cook.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	19g	25g

FROM YOUR BOX

BROWN ONION	1
BEEF MINCE	250g
BUTTON MUSHROOMS	1 bag (150g)
CHERRY TOMATOES	200g
TOMATO PASTE	1 sachet
ZUCCHINI	1
CARROT	1
FETA CHEESE	1 packet
ROCKET LEAVES	1 packet (60g)

FROM YOUR PANTRY

salt, pepper, dried rosemary, red wine vinegar

KEY UTENSILS

large frypan, kettle

NOTES

For extra flavour, you can crumble a stock cube into the bolognese and switch the red wine vinegar for balsamic.



1. SAUTÉ THE MINCE

Boil the kettle.

Heat a large frypan over medium-high heat. Slice onion. Add to pan along with beef mince and **1 tbsp rosemary**. Cook, breaking up with the back of a spoon, for 5 minutes.



2. SIMMER THE BOLOGNESE

Slice and add mushrooms with cherry tomatoes and tomato paste. Pour in **1 cup water** and **1 tbsp vinegar** (see notes). Simmer, semi-covered, for 10 minutes. Remove lid and simmer for a further 2 minutes until reduced to your liking. Season to taste with **salt and pepper**.



3. MAKE THE ZOODLES

Meanwhile, julienne or ribbon zucchini and carrot into noodles using a julienne peeler/spiralizer or vegetable peeler, and place in a large bowl. Pour hot water over noodles. Drain the noodles.



4. FINISH AND SERVE

Divide zoodles among bowls. Spoon over bolognese. Crumble over feta cheese and serve with fresh rocket leaves.

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**

