




### Product Spotlight: Parmesan Cheese


Parmesan is a delicious, nutty, sweet and salty hard cheese that complements tomato-based dishes. You can freeze any leftovers!



## Beef Bolognese with Cherry Tomatoes and Parmesan

A speedy family-style pasta dish with a lighter bolognese sauce, cooked with cherry tomatoes, fennel seeds and garlic, all topped with shaved parmesan and fresh rocket leaves.

 20 minutes

 2 servings

 Beef

### Make pasta cups!

*You can make baked pasta cups for snacks! Combine the bolognese pasta with a beaten egg and the parmesan cheese. Spoon into a muffin tray and bake until set!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	74g	46g	112g

## FROM YOUR BOX

SHORT PASTA	500g
BROWN ONION	1
BEEF MINCE	300g
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
CHERRY TOMATOES	200g
ROCKET LEAVES	60g
PARMESAN CHEESE	1 packet

## FROM YOUR PANTRY

salt, pepper, balsamic vinegar, fennel seeds

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can keep the tomatoes fresh if preferred.

**No gluten option - pasta is replaced with GF pasta.**



### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet of pasta to boiling water and cook according to packet instructions or until al dente. Reserve **1/4 cup cooking liquid** before draining. Set aside.



### 2. COOK THE BEEF

Heat a frypan over medium-high heat. Dice and add onion along with beef mince, crushed garlic clove and **1 tsp fennel seeds**. Stir through beef with tomato paste. Cook for 6-8 minutes, and season with **salt and pepper**.



### 3. ADD THE TOMATOES

Halve tomatoes and toss through beef along with **1 tbsp balsamic vinegar**. Cook for 2-3 minutes until just warmed through (see notes).



### 4. TOSS THE PASTA

Toss cooked pasta with beef until well combined. Loosen with **reserved cooking liquid** if needed. Season to taste with **salt and pepper**.



### 5. FINISH AND SERVE

Transfer pasta to a serving dish. Top with rocket leaves and garnish with parmesan cheese.



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