

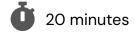




Beef Bolognese with Cherry Tomatoes

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.







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!

65g

FROM YOUR BOX

SHORT PASTA	1 packet
BROWN ONION	1
BEEF MINCE	300g
GARLIC	1 clove
TOMATO PASTE SACHET	1
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, 1 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.



