



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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!



## G4 Summer Beef Bolognese

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

 20 minutes

 4 servings

 Beef

25 February 2022

## Add more veggies!

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

Per serve: **PROTEIN** 46g **TOTAL FAT** 9g **CARBOHYDRATES** 53g



## FROM YOUR BOX

GRAIN PASTA	1 packet
BEEF MINCE	600g
MUSHROOMS	1 bag (150g)
CHERRY TOMATOES	1 bag (400g)
BROWN ONION	1
CELERY STICKS	2
TOMATO PASTE	2 sachets
ROCKET LEAVES	1 bag (120g)

## 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 **1 tbsp Italian herbs**. Cook for 5 minutes.



### 3. ADD THE VEGETABLES

Quarter mushrooms, halve cherry tomatoes, slice onion and celery sticks. Add to pan as you go. Stir in tomato paste, **1 tbsp balsamic vinegar and 1 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).

**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**

