

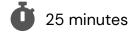




## **Summer Bolognese**

## 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.





4 servings



# 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.

TOTAL FAT CARBOHYDRATES

20g

#### FROM YOUR BOX

BROWN ONION	1
BEEF MINCE	500g
BUTTON MUSHROOMS	1 bag (150g)
CHERRY TOMATOES	2 x 200g
TOMATO PASTE	1 sachet
ZUCCHINIS	2
CARROTS	2
FETA CHEESE	1 packet
ROCKET LEAVES	1 packet (120g)

#### 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 11/2 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 zucchinis and carrots 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.



