



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

4 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
	42g	24g	72g

FROM YOUR BOX

SHORT PASTA	1 packet
BROWN ONION	1
BEEF MINCE	600g
GARLIC	1 clove
TOMATO PASTE SACHETS	2
CHERRY TOMATOES	2 x 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 **pasta** to boiling water and cook according to packet instructions or until al dente. Reserve **1/2 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 **2 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 **2 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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