

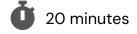




Beef Bolognese with Cherry Tomatoes

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.





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!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

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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