

**Product Spotlight:
Parmesan Cheese**

Parmesan is a 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



4/6 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!

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	53g/45g	29g/22g	107g/75g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	1 packet	1 packet
BROWN ONION	1	1
BEEF MINCE	600g	600g + 300g
GARLIC CLOVE	1	2
TOMATO PASTE	2 sachets	3 sachets
CHERRY TOMATOES	2 x 200g	3 x 200g
ROCKET LEAVES	1 bag	2 bags
PARMESAN CHEESE	1 packet	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**, **crushed garlic** and **2 tsp fennel seeds**. Stir through beef with **tomato paste**. Cook for 6-8 minutes, and season with **salt and pepper**.

6P - use 3 tsp fennel seeds.



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).

6P - use 3 tbsp balsamic vinegar.



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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