



Product Spotlight: Oregano

Soak the oregano in a small bowl of cold water to remove any fine dirt or sand before using it! Store any leftovers wrapped in a paper towel in the fridge.



Switch it up!

You can add some crumbled feta cheese or grated parmesan to this dish! For a different flavour, leave the olives out and cook the lamb with some curry powder.

Greek Lamb Ragu Pasta

A summer-style lamb bolognese with rosemary and garlic tossed through pasta along with Kalamata olives, finished with fresh oregano.







PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

SHORT PASTA	1 packet
LAMB MINCE	250g
GARLIC CLOVE	1
SHALLOT	1
CARROT	1
ZUCCHINI	1
CHOPPED TOMATOES	400g
KALAMATA OLIVES	1 tub
OREGANO	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary

KEY UTENSILS

large frypan with lid, saucepan

NOTES

You can use fresh chopped rosemary if preferred.

If you want to hide the veggies even further you can grate the zucchini too.

No gluten option - pasta is replaced with GF pasta.





1. COOK THE PASTA

Bring a large saucepan of water to a boil. Place 1/2 packet pasta in boiling water and cook according to packet instructions or until al dente. Reserve 1/4 cup cooking water. Drain and set aside.



2. COOK THE LAMB

Heat a frypan over medium-high heat with oil. Add lamb mince, crushed garlic and 1 tsp rosemary (see notes). Dice and add shallot. Cook for 5 minutes until browned.



3. SIMMER THE SAUCE

Grate **carrot** and dice **1/2 zucchini** (see notes). Add to pan along with **chopped tomatoes**. Cover and simmer for 10 minutes.



4. TOSS THE PASTA

Rinse and chop **olives**. Add to pan along with cooked pasta and **reserved cooking** water. Toss until well combined. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide pasta among bowls. Garnish with **oregano** leaves.





