

X4



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Beef Bolognese on Polenta

Rich and hearty beef ragu simmered with tomato, rosemary, mushrooms and carrot, served over a creamy bed of polenta.



35 minutes



4 servings



Beef

FROM YOUR BOX

BEEF MINCE	600g
BROWN ONION	1
ROSEMARY STALK	1
CARROT	1
BUTTON MUSHROOMS	150g
TINNED CHOPPED TOMATOES	400g
POLENTA	250g

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can add some tinned lentils to the ragu for extra protein.

The ragu can be served on pasta or mashed potatoes if preferred.

1. BROWN THE BEEF

Heat a large pan over medium-high heat with **oil**. Add **beef mince** and cook for 3–4 minutes, breaking up with a spatula. Dice **onion** and finely chop **rosemary leaves**. Add to pan and cook for a further 3–4 minutes until softened and fragrant.

TIP *Add 1–2 crushed garlic cloves or 1 tsp dried Italian herbs for extra flavour.*

2. ADD VEGETABLES AND SIMMER

Dice **carrot** and slice **mushrooms**. Add to pan along with **tinned tomatoes** and **1/2 cup water**. Cover and simmer for 10–15 minutes. Season with **salt and pepper** to taste.

TIP *Add sliced celery, fennel or diced capsicum if you want more vegetables. You can season with soy sauce or Worcestershire sauce for flavour.*

3. COOK THE POLENTA

Bring a saucepan with **1.3L water** to the boil. Gradually pour in **polenta**, whisking continuously until thickened. Remove from heat and season with **salt and pepper**.

TIP *Add a crumbled stock cube or use liquid stock to cook the polenta. Stir through 1–2 tbsp butter or grated cheese for a richer flavour.*

4. FINISH AND SERVE

Spoon polenta into bowls and top with **beef ragu**. Garnish with cracked **pepper**.

TIP *Garnish the ragu with some grated parmesan or fresh basil leaves if you have some.*

This recipe has simplified instructions to help lower your meal cost.