

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Lamb Bolognese

with Zoodles

A rich tomato lamb bolognese served on zucchini and carrot noodles for a light and summery dish.



25 minutes



4 servings



Lamb

FROM YOUR BOX

LAMB MINCE	600g
BROWN ONION	1
GARLIC CLOVES	2
TOMATO PASSATA	1 jar
ZUCCHINIS	2
CARROTS	2

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can serve this with spaghetti or pasta of choice if preferred! Grate the zucchini and carrot (to taste) and add to the sauce to simmer instead.

Instead of making zoodles, roast the vegetables instead and serve in a bowl or with a side of rice or crusty bread.

1. COOK THE LAMB

Add **lamb mince** to frypan over medium-high heat with **oil**. Dice **onion**, crush **garlic** and add to pan. Cook for 6–8 minutes until lamb is sealed and onion softened. Season with **salt and pepper**.

TIP *You can add sliced mushrooms or diced celery for extra vegetables. Stir in some dried oregano or chopped fresh rosemary for flavour. We added 1 tsp dried rosemary.*

2. SIMMER THE SAUCE

Pour in **tomato passata** and **1/4 cup water**. Simmer for 5 minutes.

TIP *Use the water to rinse out the passata bottle to get every last drop!*

3. MAKE THE NOODLES

Julienne or ribbon **zucchini**s and **carrots** into noodles using a julienne peeler, spiralizer or vegetable peeler. Place in a large bowl. Pour hot water over noodles to slightly cook them. Drain and set aside.

TIP *You can serve the noodles raw if preferred!*

4. FINISH AND SERVE

Divide noodles among bowls and top with lamb bolognese.

TIP *Garnish the dish with fresh basil, parmesan cheese or fresh chilli if desired*

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