

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Feta cheese


The term 'feta' comes from the Greek word "Pheta" and can be translated as 'slice'. It is traditionally made from a combination of sheep and goats milk.



2 Summer Beef Bolognese

A classic beef and rosemary bolognese sauce tossed through pasta and garnished with feta cheese. Perfect on its own or added to a Christmas dinner spread!

 20 minutes

 2 servings





 Beef

24 December 2021

Add more veggies!

You can add grated zucchini, sliced mushrooms, capsicum or diced celery into the bolognese to sneak in some extra veggies! Save the watercress for your Christmas dinner side salad!

FROM YOUR BOX

SHORT PASTA	1/2 packet (250g)
ROSEMARY STALK	1
BEEF MINCE 	300g
BROWN ONION	1
CHERRY TOMATOES	1 bag (200g)
TOMATO PASTE	1 sachet
CARROT	1
WATERCRESS	1 sleeve (100g)
FETA CHEESE	1 packet
 PINE NUTS	1 packet (40g)
 TINNED LENTILS	400g
 SLICED OLIVES	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt, pepper, balsamic vinegar

KEY UTENSILS


large frypan, saucepan

NOTES

Dress the watercress with some balsamic vinegar and olive oil if preferred.

No beef option – beef mince is replaced with chicken mince. Use oil when cooking.

No gluten option – pasta is replaced with GF pasta.

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.




1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook according to packet instructions or until cooked al dente. Drain and return to saucepan (see step 4).



2. COOK THE BEEF


Heat a frypan over medium-high heat. Chop rosemary leaves to yield 1 tsp. Add to pan with beef mince and cook for 5 minutes, season with **salt and pepper**.

 **VEG OPTION** – Toast pine nuts in a dry frypan until golden. Remove from pan.



3. ADD THE VEGETABLES

Dice onion and halve tomatoes, add to pan as you go. Stir in tomato paste, **1/2 tbsp balsamic vinegar** and **1/2 cup water**. Simmer for 10 minutes, lightly crushing tomatoes as they cook.

 **VEG OPTION** – Add oil to pan. Cook vegetables as above with **1/2 tbsp chopped rosemary leaves**. Add drained lentils before simmering.



4. TOSS THE PASTA


Grate carrot and add to saucepan with pasta along with bolognese sauce. Toss to combine. Season with **salt and pepper**.

 **VEG OPTION** – Toss pasta as above along with drained olives (to taste).



5. FINISH AND SERVE

Divide pasta among bowls. Garnish with watercress and crumble over feta cheese to taste (see notes).

 **VEG OPTION** – Serve pasta as above and garnish with toasted pine nuts.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

