



Easy Venison, Beef & Cherry Tomato Bolognese

with Spaghetti & Parmesan

Grab your Meal Kit with this symbol



Spaghetti



Celery



Garlic



Venison & Beef Mince



Nan's Special Seasoning



Beef-Style Stock Powder



Tinned Cherry Tomatoes



Pear



Rocket Leaves



Grated Parmesan Cheese

Hands-on: **15-25 mins**
Ready in: **30-40 mins**

Packed with the rich flavours of a classic Italian tomato sauce, you'll find it hard to believe this venison and beef bolognese didn't involve hours of cooking. Plus, with small chunks of celery hidden in the sauce, it creates a beautifully textured and mouth-watering meal everyone will love.

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	2 packets
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
venison & beef mince	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
tinned cherry tomatoes	1 tin	2 tins
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
pear	1	2
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3787kJ (905Cal)	671kJ (160Cal)
Protein (g)	46.5g	8.2g
Fat, total (g)	35.1g	6.2g
- saturated (g)	17.4g	3.1g
Carbohydrate (g)	93.9g	16.6g
- sugars (g)	19.6g	3.5g
Sodium (mg)	1063mg	188mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

2021 | CW29

1



Cook the spaghetti

- Bring a medium saucepan of salted water to the boil.
- Cook **spaghetti** in boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain **spaghetti** and return to the saucepan. Drizzle with **olive oil** to prevent pasta from sticking.

3



Finish the bolognese

- Add **Nan's special seasoning**, **beef-style stock powder**, **tinned cherry tomatoes** and some reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) and cook, stirring, until slightly reduced, **2-3 minutes**.
- Remove from heat, then add **butter** and **brown sugar** and stir to combine. Season. Add cooked **spaghetti** and gently toss to combine. Set aside.
- Thinly slice **pear**.
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Add **rocket leaves** and **pear**, then toss to coat.

TIP: Add a dash more pasta water if the sauce looks too thick.

2



Start the bolognese

- While spaghetti is cooking, finely chop **celery** and **garlic**.
- In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook **celery** until slightly softened, **3-4 minutes**. Add **venison & beef mince** and cook, breaking up with a spoon, until just browned, **3-5 minutes**. Add **garlic** and cook until fragrant, **1-2 minutes**.

4



Serve up

- Divide beef, venison and cherry tomato bolognese between bowls.
- Sprinkle with **grated Parmesan cheese**. Serve with pear salad.

Enjoy!