



Cheat's Italian Lamb & Veggie Bolognese

with Penne, Pine Nuts & Parmesan

Grab your Meal Kit with this symbol



Red Onion



Carrot



Garlic



Oregano



Silverbeet



Pine Nuts



Lamb Mince



Garlic & Herb Seasoning



Penne



Crushed & Sieved Tomatoes



Beef Stock



Grated Parmesan Cheese

Hands-on: 25-35 mins
Ready in: 30-40 mins

This bolognese packed with all the rich flavours of a classic Italian sauce will hardly have you believing it only took around half an hour to whip up. Silky silverbeet and carrot melt into this dish, creating a mouth-watering meal you'll remake time and time again.

Pantry items

Olive Oil, Brown Sugar, Butter

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
red onion	½	1
carrot	1	2
garlic	2 cloves	4 cloves
oregano	1 bunch	1 bunch
silverbeet	1 bunch	1 bunch
pine nuts	1 packet	2 packets
lamb mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
penne	1 packet	2 packets
crushed & sieved tomatoes	1 tin	2 tins
brown sugar*	1 tsp	2 tsp
beef stock	½ sachet	1 sachet
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3580kJ (856Cal)	601kJ (143Cal)
Protein (g)	48.7g	8.2g
Fat, total (g)	28.7g	4.8g
- saturated (g)	13.7g	2.3g
Carbohydrate (g)	93.7g	15.7g
- sugars (g)	19.4g	3.3g
Sodium (mg)	1140mg	192mg

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Bring a medium saucepan of salted water to the boil. Finely chop the **red onion** (see ingredients list). Grate the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Pick the **oregano leaves**. Roughly chop the **silverbeet**. Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate.



2. Cook the lamb mince

Return the frying pan to a medium-high heat with a **good drizzle of olive oil**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **lamb mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add another **drizzle of olive oil** to the pan along with the **garlic, garlic & herb seasoning** and **oregano** and cook until fragrant, **1-2 minutes**.



3. Cook the penne

While the lamb mince is cooking, add the **penne** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Drain, then return to the saucepan and **drizzle** with **olive oil** to prevent sticking.

TIP: 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



4. Make the sauce

Add the **crushed & sieved tomatoes**, **carrot** and **brown sugar** to the frying pan with the **lamb mince**. Add the **beef stock** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and mix well. Simmer until slightly thickened, **5 minutes**. Season with a **pinch of pepper** and add the **silverbeet**. Cook, stirring, until wilted, **1-2 minutes**. Stir through the **butter** until melted.



5. Bring it all together

When the sauce has finished cooking, add the cooked **penne** to the frying pan and toss until well coated. Season to taste with **salt** and **pepper**.

TIP: Toss the pasta and sauce in the saucepan if your frying pan isn't big enough.



6. Serve up

Divide the cheat's Italian lamb and veggie bolognese between bowls. Sprinkle over the **grated Parmesan cheese** and the toasted pine nuts.

Enjoy!