



LAMB PASTA BAKE

with Rosemary and Spinach



HELLO RIGATONI

This pasta's name comes from the Italian word for 'ridged'. All those little grooves help hold the sauce!



Lamb Mince



Garlic Clove



Rosemary



Panko Breadcrumbs



Tomato Passata



Chicken Stock Powder



Baby Spinach



Wheat Rigatoni



Half Fat Crème Fraîche

40 mins

1.5 of your 5 a day

In Britain, rosemary is a traditional symbol of love and marriage. Brides once adorned their veils with it - a precursor to the modern bouquet. Show your family some love with this superquick and tasty dish!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've also got a **Large Saucepan, Frying Pan, Fine Grater** (or **Garlic Press**), **Colander, Measuring Jug** and **Ovenproof Dish**. Now, let's get cooking!



1 BROWN THE LAMB

Put a large saucepan of water with a pinch of salt on to boil for the wheat pasta. Put a frying pan on medium-high heat (no oil!). When hot, add the **lamb mince**, break it up with a wooden spoon and cook until well browned, about 5 mins. Drain off any excess fat.



2 SEASON THE LAMB

Peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). Add the **garlic** and **half the rosemary** to the **lamb**. Give it a stir and cook until fragrant, 1-2 mins.



3 COOK THE WHEAT PASTA

When the water is boiling, stir in the **wheat rigatoni**. Cook for 11 mins. When cooked, drain in a colander and return to the saucepan off the heat. Drizzle on some **olive oil** to stop it sticking together.



4 SIMMER THE SAUCE

Meanwhile, add the **tomato passata**, **stock powder** and **water** (see ingredients for amount) to the **lamb**. Bring to the boil and stir to dissolve the **stock powder**. Reduce the heat to a simmer and let the sauce thicken and reduce by half, 12-15 mins. **IMPORTANT:** *The lamb is cooked when it is no longer pink in the middle.* After 10 mins, stir in the **spinach** a handful at a time and cook until wilted. Preheat your grill to its highest setting.



5 MAKE THE CRUMB

In a small bowl, mix the remaining **rosemary** with the **panko breadcrumbs** and a splash of **oil**. Season with **salt** and **pepper**. Set aside.



6 FINISH AND SERVE

Mix the **crème fraîche** into the **wheat pasta** and season with **salt** and **pepper**. Spoon the **lamb mixture** into an ovenproof dish and top with the **creamy wheat pasta**. Sprinkle the **breadcrumbs** on top and grill for 2-3 mins. You want the **breadcrumbs** to go golden brown but not burn, so watch them closely! Serve immediately. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lamb Mince *	200g	300g	400g
Garlic Clove *	1	1	2
Rosemary *	2 sprigs	3 sprigs	4 sprigs
Panko Breadcrumbs 13)	20g	25g	50g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Water*	150ml	225ml	300ml
Baby Spinach *	1 small bag	1 large bag	1 large bag
Wheat Rigatoni 13)	200g	300g	400g
Half Fat Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 434G	PER 100G
Energy (kJ/kcal)	3165 / 757	729 / 174
Fat (g)	25	6
Sat. Fat (g)	12	3
Carbohydrate (g)	92	21
Sugars (g)	11	2
Protein (g)	38	9
Salt (g)	1.32	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

Wheat Rigatoni. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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