



Speedy Lamb Bolognese

with Fennel, Spinach and Spaghetti

RAPID 20 Minutes • 2 of your 5 a day

N° 14



Lamb Mince



Fennel



Spaghetti



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine Stock Pot



Baby Spinach



Grated Italian Style
Hard Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Saucepan, Frying Pan, Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Fennel**	1	2	2
Spaghetti 13	200g	300g	400g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot 14	½ pot	1 pot	1 pot
Water for the Sauce*	100	150	200
Baby Spinach**	1 small bag	1 large bag	2 small bags
Grated Italian Style Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	3146 / 752	570 / 136
Fat (g)	22	4
Sat. Fat (g)	9	2
Carbohydrate (g)	91	17
Sugars (g)	18	3
Protein (g)	43	8
Salt (g)	3.29	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Fry the Lamb

a) Bring a large saucepan of **water** to the boil with ½ tsp salt for the pasta.

b) Meanwhile, put a large frying pan on high heat (no oil) and add the **lamb**.

c) Fry until browned, breaking it up with a wooden spoon as it cooks, 3-4 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



4. Cook the Bolognese

a) While the pasta cooks, stir the **finely chopped tomatoes, red wine stock pot and water** (see ingredients for amount) into the **lamb and fennel mixture**.

b) Add a pinch of **sugar** and stir to ensure the **stock pot** has dissolved, then bring to the boil, reduce the heat and simmer until thick and tomatoey, 6-7 mins.



2. Prep the Fennel

a) Meanwhile cut the **fennel** in half lengthways, remove the triangle root in the middle, then slice thinly widthways.

b) Add the **fennel** to the **lamb** and cook, stirring occasionally, for another 3-4 mins.



5. Finish Up

a) When the **sauce** is nice and thick, stir in the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.

b) Stir through the drained **spaghetti** and **half the hard Italian style cheese**. **TIP:** Add a splash of water if it looks a little dry.

c) Season to taste with **salt** and **pepper** if needed.



3. Cook the Spaghetti

a) Meanwhile, add the **spaghetti** (see ingredients for amount you need) to the pan of boiling **water** and cook until tender, 8 mins.

b) Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



6. Serve

a) Serve the **lamb and fennel spaghetti bowl** in bowls finished with a sprinkling of the remaining **cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.