



# Speedy Spag Bol with Parsley Crumb and Cheese

Family 30 Minutes • 1 of your 5 a day

8



Panko Breadcrumbs



Beef Mince



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Jus Paste



Spaghetti



Flat Leaf Parsley



Grated Hard Italian Style Cheese

## Before you start

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

## Cooking tools, you will need:

Large Saucepan, Frying Pan, Wooden Spoon, Bowl and Colander.

## Ingredients

	2P	3P	4P
Panko Breadcrumbs <b>13)</b>	10g	25g	25g
Beef Mince**	240g	360g	480g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste <b>10) 14)</b>	22g	37g	44g
Water for the Sauce*	100ml	150ml	200ml
Spaghetti <b>13)</b>	180g	270g	360g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	446g	100g
Energy (kJ/kcal)	3318 /793	744 /178
Fat (g)	27	6
Sat. Fat (g)	12	3
Carbohydrate (g)	87	19
Sugars (g)	14	3
Protein (g)	48	11
Salt (g)	3.54	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery 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, Soy, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



### Toast the Crumbs

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

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **breadcrumbs**. Season with **salt** and **pepper** and fry, stirring regularly, until lightly toasted, 3-4 mins.

**TIP:** Watch them like a hawk as they can burn easily.

Once cooked, remove the **toasted crumbs** to a bowl and set aside.



### Fry the Mince

Pop the (now empty) frying pan back on medium-high heat and add a drizzle of **oil**.

When the **oil** is hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



### Simmer the Bolognese

Add the **chopped tomatoes**, **red wine jus paste** and **water for the sauce** (see ingredients for amount) to the **mince**.

Stir well to combine, then reduce the heat to low and simmer gently until the **sauce** has thickened, 10-12 mins.



### Cook the Spaghetti

Meanwhile, when the **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

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



### Finish

While everything cooks, roughly chop the **parsley** (stalks and all). Add the **parsley** to the bowl with the **crumbs** and mix well to combine.

When ready, take the **Bolognese** off the heat and mix in the **spaghetti** and **half the grated hard Italian style cheese**. Taste and season with **salt** and **pepper** if needed. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



### Serve

Divide the **spaghetti** between your bowls and sprinkle over the remaining **grated hard Italian style cheese**.

Finally, sprinkle over your **parsley crumb** for those who like things extra crunchy.

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.