



More Than Food
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Superquick Lamb, Rosemary and Spinach Pasta Bake

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

 40 mins

 1.5 of your 5 a day

 family box



Lamb Mince
(500g)



Wholewheat Rigatoni
(400g)



Red Onion
(1)



Garlic Clove
(1)



Rosemary
($\frac{1}{2}$ bunch)



Tomato Passata
(2 cartons)



Chicken Stock Pot
(1)



Water
(300ml)



Hard Italian Cheese
(80g)



Panko Breadcrumbs
(50g)



Crème Fraîche
(1 pot)



Baby Spinach
(1 bag)

4 PEOPLE INGREDIENTS

- Lamb Mince **500g**
- Wholewheat Rigatoni **400g**
- Red Onion, chopped **1**
- Garlic Clove, grated **1**
- Rosemary, chopped **½ bunch**
- Tomato Passata **2 cartons**
- Chicken Stock Pot **1**
- Water **300ml**
- Hard Italian Cheese **80g**
- Panko Breadcrumbs **50g**
- Crème Fraîche **1 pot**
- Baby Spinach **1 bag**

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	721 kcal / 3033 kJ	29 g	15 g	70 g	8 g	43 g	3 g
Per 100g	135 kcal / 570 kJ	5 g	3 g	13 g	1 g	8 g	1 g

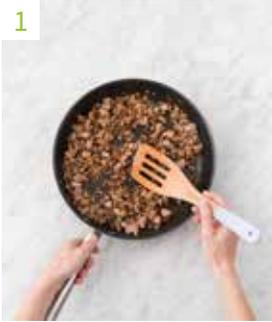
 Our fruit and veggies may need a little wash before cooking!

Did you know...

Rosemary was used in Ancient Greece to strengthen the memory. Greek scholars wore sprigs of rosemary in their hair when they studied.

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

1



1 Fill your kettle and pop it on to boil. Put a large frying pan on high heat and add the **lamb mince** (no oil!). Your **lamb** will brown nicely without too much attention. Break it up with a wooden spoon as it cooks.

3



2 When your kettle has boiled pour the water into a pot with a generous pinch of **salt** and add the **pasta**. Cook on high heat for 11 mins. When cooked, drain into a colander and return to the pot off the heat. Drizzle over some **olive oil** to stop it sticking together.

3 Cut the **red onion** in half through the root, peel and then chop into very small chunks (ideally ½cm). Add this to your **lamb**, give it a stir, lower the heat to medium and cook for 4-5 mins.

8



4 Meanwhile, peel and grate the **garlic** (or use a garlic press if you have one). Pull the **rosemary leaves** off their stalks.. Discard the stalks and chop the **leaves** finely. Add your **garlic** and half your **rosemary** to your **lamb** and cook for 2 mins. **Tip:** *Rosemary is a strong herb so feel free to reduce the amount if the kids aren't big fans.*

5 Add the **tomato passata** with the **chicken stock pot** and the **water** (amount specified in the ingredient list). Stir well to dissolve the stock pot and then leave to simmer for 10-15 mins. You want your **sauce** to thicken and reduce by half.

9



6 Mix your remaining **rosemary** with half the **hard Italian cheese** and all of the **panko breadcrumbs** in a bowl. Season with **salt** and **black pepper** and stir in a glug of **olive oil**. Keep to one side.

7 When your **pasta** is cooked and drained, mix in the **crème fraîche** and the remaining **hard Italian cheese**. Taste and add more **salt** and **pepper** if needed.

8 When your **lamb** has been cooking for 10-15 mins, add the **baby spinach**, stir through, pop on the lid and cook for another 2 mins until your **spinach** wilts. Preheat your grill to its highest setting.

9 Spoon your **lamb mixture** into an ovenproof dish and top with your **creamy pasta**. Sprinkle your **breadcrumb mixture** on top and then pop it under your grill for 3 mins. You want your breadcrumbs to go golden brown, so watch them closely.

10 Serve immediately and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!