



# VENISON SPAG BOL

with Spinach and Carrot



## BALANCED RECIPE



### HELLO VENISON

*Venison is a rich source of iron. This lean meat, is considered to be rich in Haem iron, which is readily absorbed by the body. Consuming 50g of red meat such as venison alongside non-haem iron sources contributes to iron absorption.*



Venison Mince



Wholewheat Spaghetti



Italian Style Herbs



Worcester Sauce



Tomato Passata



Red Wine Stock Pot



Carrot



Baby Spinach

MEAL BAG

20 mins

1 of your 5 a day

Low in sugar

Balanced

Under 550 calories

Low in sat fat

Normally considered an indulgent weeknight treat, our Chef's have lightened up this Italian classic by swapping the traditional beef mince, for venison. This lean game meat is high in protein, low in fat and full of flavour! Using less pasta and adding extra veg to the sauce, makes this spaghetti bolognese a healthy and balanced midweek dinner.

GET **PREPARED!**

Fill and boil your **Kettle**.

# BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Frying Pan, Large Saucepan, Colander, Measuring Jug** and **Coarse Grater**. Let's start cooking the **Venison Spag Bol with Spinach and Carrot**.



## 1 FRY THE VENISON

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Add the **venison mince** and fry, breaking it up with a wooden spoon, until browned, 4-5 mins.
- Pour the boiling **water** from your kettle into a large saucepan and return to the boil with a pinch of **salt** for the wholewheat pasta.



## 4 YOU'RE A GRATE COOK!

- Trim and grate the **carrot** on the coarse side of your grater (no need to peel).



## 2 COOK THE WHOLEWHEAT PASTA

- Add the **wholewheat pasta** (see ingredients for amount) to the pan of boiling water and cook for 9 mins.
- Drain in a colander when cooked.



## 5 FINISH UP

- When the **sauce** is nice and rich, stir through the **grated carrot**.
- Cook for another 2-3 mins. Season to taste with **salt, pepper** or a pinch of **sugar** (if you have any).



## 3 MAKE THE SAUCE

- Stir the **Italian herbs** into the **venison**, then add the **Worcester sauce, tomato passata, red wine stock** and **water** (see ingredients for amount).
- Stir to dissolve the **stock**. Bring to the boil then reduce the heat and simmer until thick and tomatoey, 5 mins.  
**! IMPORTANT:** *The venison is cooked when it is no longer pink in the middle.*



## 6 SERVE

- Stir the **spinach** through the **bolognese** a handful at a time to wilt it. Toss through the drained **wholewheat pasta**. **★ TIP:** *Add a splash of water if you need to loosen up the sauce.*
- Serve the **venison bolognese** in bowls, dig in and feel no guilt!

Enjoy!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Venison Mince *	200g	300g	400g
Wholewheat Spaghetti 13)	150g	225g	300g
Italian Style Herbs	½ pot	¾ pot	1 pot
Worcester Sauce	½ sachet	¾ sachet	1 sachet
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot 14)	½ pot	¾ pot	1 pot
Water*	100ml	150ml	200ml
Carrot *	1 bag	2 bag	2 bag
Baby Spinach *	1 small bag	1 small bag	1 large bag

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 408G	PER 100G
Energy (kJ/kcal)	1946 / 465	477 / 114
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	65	16
Sugars (g)	15	4
Protein (g)	40	10
Salt (g)	1.87	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

13) Gluten 14) Sulphites

**Wholewheat Spaghetti. Ingredients:** Durum **wholewheat** 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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