



Venison, Beef & Cherry Tomato Bolognese

with Spaghetti & Parmesan

Grab your Meal Kit with this symbol



Spaghetti



Carrot



Garlic



Venison & Beef Mince



Nan's Special Seasoning



Beef-Style Stock Powder



Tinned Cherry Tomatoes



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: 15-25 mins
Ready in: 30-40 mins

Packed with the rich flavours of a classic Italian sauce, you'll find it hard to believe this venison and beef bolognese didn't involve hours of cooking. Plus, silky baby spinach and grated carrot melt into the sauce, creating a mouth-watering meal everyone will love.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	2 packets
carrot	1	2
garlic	3 cloves	6 cloves
venison & beef mince	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
beef-style stock powder	1 sachet	1 sachet
tinned cherry tomatoes	1 tin	2 tins
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4020kJ (961Cal)	672kJ (160Cal)
Protein (g)	55.5g	9.3g
Fat, total (g)	23.8g	4.0g
- saturated (g)	12.3g	2.1g
Carbohydrate (g)	128g	21.3g
- sugars (g)	18.2g	3.0g
Sodium (mg)	1160mg	194mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the spaghetti

Bring a medium saucepan of salted water to the boil. Cook the **spaghetti** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return the **pasta** to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Get prepped

While the spaghetti is cooking, grate the **carrot** (unpeeled). Finely chop the **garlic**.



Start the bolognese

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **venison & beef mince**, breaking it up with a spoon, until just browned, **3-5 minutes**. Add the **carrot** and cook until slightly softened, **2-4 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**.



Add the sauce

Add **Nan's special seasoning**, the **beef-style stock powder**, **tinned cherry tomatoes** and the reserved **pasta water** and cook, stirring, until slightly reduced, **2-3 minutes**.



Finish the bolognese

Remove the frying pan from the heat, then add the **baby spinach leaves**, **butter** and **brown sugar** and stir to combine. Season with **salt** and **pepper**. Add the cooked **spaghetti** and gently toss to combine.



Serve up

Divide the beef, venison and cherry tomato bolognese between bowls. Sprinkle with the **grated Parmesan cheese**.

Enjoy!