



Lamb Pasta Bake

with Rosemary, Spinach & Crème Fraîche

CLASSIC 40 Minutes • 1 of your 5 a day

N° 4



Lamb Mince



Onion



Garlic Clove



Rosemary



Panko Breadcrumbs



Tomato Passata



Red Wine Stock Pot



Baby Spinach



Rigatoni



Half Fat Crème
Fraîche

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Frying Pan, Fine Grater (or Garlic Press), Colander, Measuring Jug and Ovenproof Dish.

Ingredients

| | 2P | 3P | 4P |
|-------------------------------------|-------------|-------------|-------------|
| Lamb Mince** | 200g | 300g | 400g |
| Onion** | 1 | 1½ | 2 |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Rosemary** | 1 sprig | 1 sprig | 2 sprigs |
| Panko Breadcrumbs 13) | 25g | 30g | 50g |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Red Wine Stock Pot 14) | 1 pot | 1½ pots | 2 pots |
| Water for the Sauce* | 150ml | 225ml | 300ml |
| Baby Spinach** | 1 small bag | 1 large bag | 1 large bag |
| Rigatoni 13) | 200g | 300g | 400g |
| Half Fat Crème Fraîche 7) ** | 100g | 150g | 200g |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 520g | 100g |
| Energy (kJ/kcal) | 3343/799 | 643/154 |
| Fat (g) | 24 | 5 |
| Sat. Fat (g) | 13 | 2 |
| Carbohydrate (g) | 105 | 20 |
| Sugars (g) | 17 | 3 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2.85 | 0.55 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Brown the Lamb

Put a frying pan on medium-high heat (no oil!). When hot, add the **lamb mince** and cook until browned, 4-5 mins. Break it up with a wooden spoon as it cooks. Drain off any excess fat.



2. Season the Lamb

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). Add the **onion** to the **lamb**, stir together and cook until soft, 4-5 mins. Add the **garlic** and **half** the **rosemary**, give it a stir and cook until fragrant, 1-2 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



3. Make the Crumb

In a small bowl, mix the remaining **rosemary** with the **panko breadcrumbs** and a splash of **oil**. Season with **salt** and **pepper**. Set aside. Put a large saucepan of **water** with ½ tsp of salt on to boil for the pasta.



4. Finish the Sauce

Meanwhile, add the **tomato passata**, **red wine stock pot** and **water** (see ingredients for amount) to the **lamb**. Bring to the boil and stir to dissolve the **stock**. Reduce the heat to a simmer and let the **sauce** thicken and reduce by half, 12-15 mins. After 10 mins, stir in the **spinach** a handful at a time and cook until wilted. Preheat your grill to its highest setting.



5. Cook the Pasta

While the sauce cooks, add the **rigatoni** to the **boiling water** and simmer until cooked, 12 mins. When cooked, drain in a colander and return to the pan off the heat. Drizzle on some **olive oil** to stop it sticking together.



6. Finish and Serve

Once drained, mix the **crème fraîche** into the **pasta** and season with **salt** and **pepper**. Spoon your **lamb mixture** into an ovenproof dish and top with the **creamy pasta**. Sprinkle the **breadcrumb mixture** on top and grill for 2-3 mins. You want the **breadcrumbs** to go golden brown but not burn, so watch them closely! Serve immediately.

Enjoy!