



Speedy Lamb and Pepper Spag Bol with Spinach

Rapid 20 Minutes • 1.5 of your 5 a day

14



Lamb Mince



Spaghetti



Finely Chopped
Tomatoes with
Onion and Garlic



Bell Pepper



Dried Oregano



Garlic Clove



Red Wine Stock Sachet



Baby Spinach



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:

Saucepan, Frying Pan, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press) and Colander.

Ingredients

	2P	3P	4P
Lamb Mince**	200g	300g	400g
Bell Pepper***	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Dried Oregano	1 small pot	1 large pot	2 small pots
Spaghetti 13	200g	300g	400g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Sachet 14	½ sachet	1 sachet	1 sachet
Water for the Sauce*	100ml	150ml	200ml
Baby Spinach**	1 small bag	1 large bag	2 small bags
Grated Hard Italian Style Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	560g	100g
Energy (kJ/kcal)	3211 / 768	573 / 137
Fat (g)	21	4
Sat. Fat (g)	10	2
Carbohydrate (g)	96	17
Sugars (g)	20	4
Protein (g)	45	8
Salt (g)	3.23	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **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, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Fry the Lamb

a) Bring a large saucepan of **water** to the boil with 0.5 tsp **salt** for the **pasta**.

b) Meanwhile, put a large frying pan on high heat (no oil) and add the **lamb**.

c) Fry until browned, breaking it up with a wooden spoon as it cooks, 3-4 mins. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



Prep the Pepper

a) Meanwhile, halve the **pepper** and discard the core and seeds. Slice into really thin strips.

b) Peel and grate the **garlic** (or use a garlic press).

c) Add the **pepper** to the **lamb** and cook, stirring occasionally, until softened, 3-4 mins.

d) Stir in the **garlic** and **dried oregano** and cook for 1 minute.



Cook the Spaghetti

a) Meanwhile, add the **spaghetti** (see ingredients for amount you need) to the pan of boiling **water** and cook until tender, 8 mins.

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



Cook the Bolognese

a) While the pasta cooks, stir the **finely chopped tomatoes, red wine stock** and **water** (see ingredients for amount) into the **lamb and pepper mixture**.

b) Add a pinch of **sugar** and stir to ensure the **stock pot** has dissolved, then bring to the boil, reduce the heat and simmer until thick and tomatoey, 6-7 mins.



Finish Up

a) When the **sauce** is nice and thick, stir in the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.

b) Stir through the drained **spaghetti** and **half** the **hard Italian style cheese**. **TIP:** *Add a splash of water if it looks a little dry.*

c) Season to taste with **salt** and **pepper** if needed.



Serve

a) Serve the **lamb and pepper spag bol** in bowls finished with a sprinkling of the remaining **cheese**.

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.