

**BARGAIN
BOX**

Ready In About
20 MIN

20-Minute Beef Spag Bol

with Parmesan

Nutrition Information

Average Quantity Per Serving

Energy 3286 kJ | 785 kcal | Protein 48.8 g | Fat, Total 30.3 g | Saturated Fat 12.8 g |
Carbohydrate 77.5 g | Sugar 17.5 g | Sodium 1107mg



Nutrition information may vary between serve sizes.
For the most accurate nutrition, refer to the recipes in your
Account area. For most up to date allergen information, refer to all
product labels. Please check the expiry date on your items.
Ingredients may differ to the recipe image.



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Ingredients

2

PEOPLE **Pasta**

1/3 pack pasta
1 drizzle of oil ^

Beef Bolognese

1 drizzle of oil ^
1 carrot, grated
1/2 brown onion, diced
1/2 pack veggie ragù herbs
25g tomato paste
300g beef mince
1 can crushed tomatoes

1/2 cup beef stock ^
1/2 tsp sugar ^
1/4 tsp salt ^
50g baby spinach

To Serve

30g grated Parmesan

4

PEOPLE **Pasta**

2/3 pack pasta
1 drizzle of oil ^

Beef Bolognese

1 drizzle of oil ^
1 carrot, grated
1 brown onion, diced
1 pack veggie ragù herbs
60g tomato paste
600g beef mince
1 can crushed tomatoes

1 cup beef stock ^
1 tsp sugar ^
1/2 tsp salt ^
100g baby spinach

To Serve

50g grated Parmesan

6

PEOPLE **Pasta**

500g pasta
1 drizzle of oil ^

Beef Bolognese

1 drizzle of oil ^
2 carrot, grated
1 brown onion, diced
1 1/2 pack veggie ragù herbs
60g tomato paste
900g beef mince
2 can crushed tomatoes

1 1/2 cup beef stock ^
2 tsp sugar ^
1 tsp salt ^
150g baby spinach

To Serve

70g grated Parmesan

^ STAPLE

Instructions

1. **BOIL IT**

Bring a pot of salted water to the boil.
Cook pasta for 8-10 mins, until just tender.
Drain and return to pot with olive oil to prevent sticking.

2. **COOK IT**

Heat oil in a frypan on high.
Grate carrot.
Dice onion.
Add both to pan along with measure of spices and tomato paste and cook for about 3 mins, until soft.
Add beef and cook for 5 mins to brown, breaking it up as it cooks.
Add canned tomatoes, stock, sugar and salt measure to pan and bring to a simmer.
Cook for a further 4-5 mins, until sauce is thickened.

3. **FINISH IT**

Remove pan from heat.
Stir through spinach and cooked pasta, until warmed through.
Season to taste with salt and pepper.
Pan not big enough? Add Bolognese to pot with pasta instead.

4. **EAT IT**

Plate up pasta and sprinkle over Parmesan.
Enjoy!

veggie ragù herbs garlic powder, onion powder, mustard powder, smoked paprika, ground cumin, mild curry powder, rosemary, parsley, vegetable stock powder