

Bolognese Pasta Bake

hellóchef

This is comfort food at its finest!

Cals 1253 • Prot 78 • Carbs 135 • Fat 47

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🕒 cook: 30 min

R3206



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Bolognese	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Carrot	1	1	2	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	70	70	140	Grams
Tomato passata	200	400	400	Grams
Honey	15	15	30	Grams
Black pepper	0.5	0.5	1	Tsp
Beef stock cube 4*, 5*, 9*, 11*, 15*	0.5	1	1	Piece
Soy sauce 9*, 10*, 11*	10	15	20	ML
Water	200	200	400	ML
Fusilli pasta 10*	250	375	500	Grams
Bechamel				
Parmesan 4*	30	45	60	Grams
Butter 4*	20	30	50	Grams
Plain flour 10*, 11*	20	30	50	Grams
Whole milk 4*	200	400	400	ML
Grated cheddar 4*	60	90	120	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	5236 / 1253
Fat (g)	46.7
of which saturates (g)	27.2
Carbohydrate (g)	135
of which sugars (g)	23.8
Fiber (g)	13.3
Protein (g)	78.4
Salt (g)	5.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/ 180°C. Peel and finely chop the **onion**. Peel and mince the **garlic**. Peel and grate the **carrot**. Grate the **Parmesan**.



2 Make bolognese

Heat a large pan over a medium high heat with a drizzle of **olive oil**. Once hot, add the **onion, carrot** and **garlic** with a pinch of **salt** and fry for 7 min until soft. Add the **beef mince** and cook for 4 min further until brown and crispy. Add the **tomato paste, tomato passata, honey, pepper, stock cube, soy sauce** and **measured water**. Reduce the heat to medium-low and simmer for 5 min.



3 Boil pasta

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 5-7 min. Drain.



4 Make Béchamel

Meanwhile, melt the **butter** in a saucepan over a medium heat. Add the **flour** and stir until a sandy paste has formed. Gradually add the **milk** and whisk for 3-4 min until thickened. Add the **cheddar** and half of the **Parmesan**. Season with **salt** and **pepper**.



5 Bake

Pour the **bolognese** into an oven-proof dish. Top with the drained **pasta**. Mix. Cover with the **béchamel**, top with the remaining **Parmesan** and bake for 15 min or until the **pasta** is cooked.



6 Bake

Allow the bake to cool for 5 min before serving.