



This is comfort food at its finest!

Cooking Time: 30 min

Cals 1265 | Prot 69 | Carbs 137 | Fat 49

Tips For Fussy Eaters

This is an easy recipe which the little ones are bound to enjoy.

Pro Tip

Make sure the pan is hot before adding the beef. Otherwise, it will stew, not crisp!

Ingredients For 2 For 3 For 4

Bolognese

Lean beef mince	350	525	700	Grams
Brown onion	0.5	1	1	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	0.5	1	1	Piece
Marmite	8	8	16	Grams
Water	200	200	400	ML
Fusilli pasta	250	375	500	Grams

Bechamel

Parmesan	30	45	60	Grams
Salted butter	20	30	50	Grams
Plain flour	20	30	50	Grams
Whole milk	200	400	400	ML
Grated cheddar	60	90	120	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp



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-low heat with a drizzle of **olive oil**. Cook the **onion**, **carrot** and **garlic** with a pinch of **salt** for 7 min until soft. Add the **beef mince**, increase the heat to medium high and cook for 4 min further until brown and crispy. Add the **tomato paste**, **tomato passata**, **honey**, **pepper**, **stock cube**, **marmite** and **water**. 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.