

Classic Spaghetti Bolognese with Parmesan

with Parmesan

hellóchef

Probably the best family meal in the world!

Cals 993 • Prot 68 • Carbs 129 • Fat 25

Weekly Classic

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🕒 cook: 35 min

R3371



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 |
| Brown onion | 1 | 1 | 2 | Piece |
| Garlic cloves | 3 | 4 | 6 | Piece |
| Carrot | 1 | 1 | 2 | Piece |
| Olive oil | 1 | 2 | 2 | Tbsp |
| Salt | 0.5 | 0.5 | 1 | Tsp |
| Tomato paste | 70 | 70 | 140 | Grams |
| Soy sauce 9* , 10* , 11* | 10 | 15 | 20 | ML |
| Worcestershire sauce 6* , 11* | 15 | 22 | 30 | ML |
| Beef stock cube 4* , 5* , 9* , 11* , 15* | 0.5 | 1 | 1 | Piece |
| White sugar | 5 | 5 | 10 | Grams |
| Peeled plum tomatoes | 400 | 800 | 800 | Grams |
| Dried oregano | 2 | 2 | 4 | Grams |
| To serve | | | | |
| Parmesan 4* | 30 | 45 | 60 | Grams |
| Spaghetti 10* | 250 | 375 | 500 | Grams |
| Fresh basil | 15 | 15 | 15 | Grams |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *6 Fish, *4 Milk, *5 Eggs, *15 Celery**

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) | 4128 / 993 |
| Fat (g) | 24.7 |
| of which saturates (g) | 9.8 |
| Carbohydrate (g) | 129 |
| of which sugars (g) | 23.5 |
| Fiber (g) | 14.8 |
| Protein (g) | 68.4 |
| Salt (g) | 4 |

*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

Peel and chop the **onion** and **garlic**. Peel and grate the **carrot**.



2 Fry vegetables

Heat a pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **onions, carrot** and **garlic** with a pinch of **salt**. Fry for 6-8 min until softened and beginning to caramelise.



3 Fry beef

Add the **beef mince** and cook for 4-5 min further, breaking it up with a spatula. Add the **tomato paste, soy sauce, Worcestershire sauce** and **beef stock cube** and cook for 1-2 min further.



4 Simmer

Add the **sugar, peeled plum tomatoes** (breaking them up with a spatula), and **dried oregano**. Bring to a boil, then reduce the heat to low and simmer, covered, for 15 min. Add a splash of water if needed. Meanwhile, grate the **Parmesan**.

Tip! Stew the sauce for as long as possible (even up to an hour) for extra flavour.



5 Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking.



6 Serve

Divide the **spaghetti** among plates and serve with a generous ladle of **Bolognese sauce**. Top with the **grated Parmesan** and **fresh basil** leaves. Finish with freshly ground **black pepper** and a drizzle of good quality extra virgin **olive oil**.