

Spaghetti Bolognese with Wholewheat Spaghetti

hellóchef

We've given the classic bolognese supper a healthy boost by adding grated carrot and serving it with wholewheat pasta!

Cals 980 • Prot 69 • Carbs 115 • Fat 26

Weekly Classic

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🕒 cook: 30 min

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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	1	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				
Whole-wheat spaghetti 9*, 10*, 11*	250	375	500	Grams
Parmesan 4*	30	45	60	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 / 980
Fat (g)	25.6
of which saturates (g)	10.4
Carbohydrate (g)	115
of which sugars (g)	25.7
Fiber (g)	18.2
Protein (g)	69
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.



4 Simmer

Add the **tomato paste, soy sauce, Worcestershire sauce, {0.5/1/1} beef stock cube, 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.



5 Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 10-12 min until 'al dente' or cooked to your liking. Meanwhile, grate the **Parmesan**.



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**.

Tip! Once drained, return the spaghetti to its pot along with a splash of pasta water. Add the Bolognese to the pot and give everything a good mix up before dividing among plates.