



# Rustic Beef Spaghetti Bolognese

with Parmesan Cheese

EASY KIDS DINNER

NEW

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8



Spaghetti



Beef Mince



Soffritto Mix



Classic Roast Seasoning



Tomato Sugo



Grated Parmesan Cheese



Beef Mince



Lamb Mince

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Prep in: 5-15 mins  
Ready in: 20-30 mins

Comfort food, but make it quick! This bolognese brings rich, slow-cooked flavour in a fraction of the time. Perfectly al dente spaghetti gets tossed with a hearty beef and tomato ragu and topped with a generous sprinkle of Parmesan cheese. It's a cosy, satisfying classic, made easy!

### Pantry items

Olive Oil, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
spaghetti	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
tomato sugo	2 medium packets	4 medium packets
<b>butter*</b>	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3658kJ (874Cal)	715kJ (171Cal)
Protein (g)	47.6g	9.3g
Fat, total (g)	29.6g	5.8g
- saturated (g)	13.9g	2.7g
Carbohydrate (g)	87.1g	17g
- sugars (g)	18.9g	3.7g
Sodium (mg)	1773mg	347mg
Dietary Fibre (g)	8.4g	1.6g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the spaghetti

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **spaghetti** in boiling water, over high heat, until 'al dente', **10 minutes**.
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **spaghetti**, then return to saucepan.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.

3



## Bring it all together

- Reduce heat to medium, then add **classic roast seasoning** and cook until fragrant, **1 minute**.
- Stir in **tomato sugo**, the **butter** and **reserved pasta water** and cook until slightly thickened, **1-2 minutes**.
- Remove pan from heat and stir through **cooked spaghetti** until well combined. Season with **pepper**.

2



## Cook the beef & veggies

- Meanwhile, heat a large frying pan over high heat.
- Cook **beef mince** (no need for oil) and **soffritto mix**, breaking up with a spoon, until just browned, **4-5 minutes**.

4



## Finish & serve

- Divide rustic beef spaghetti bolognese between bowls. Top with **grated Parmesan cheese** to serve. Enjoy!

**ELEVATE ME:** If you've added extra ingredients to this recipe, roughly chop roasted almonds. Top bolognese with almonds, dollop with basil pesto and tear over parsley to serve.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW12



### CUSTOM OPTIONS



#### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



#### SWAP TO LAMB MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

