



# Rustic Beef Spaghetti Bolognese

with Parmesan Cheese

EASY KIDS DINNER

KID FRIENDLY

Grab your meal kit with this number

22



Spaghetti



Beef Mince



Soffritto Mix



Classic Roast Seasoning



Tomato Sugo



Grated Parmesan Cheese



Beef Mince



Pork Mince



Plant-Based Mince

Prep in: 5-10 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!

## 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 (170Cal)
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 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**, 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

- 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 quick rustic beef spaghetti bolognese between bowls. Top with **Parmesan cheese**. Enjoy!

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

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW17



### CUSTOM OPTIONS



#### BEEF MINCE:

Follow method above, cooking in batches if necessary.



#### PORK MINCE:

Follow method above.



#### PLANT-BASED MINCE:

Follow method above.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

