

FOR THE
LITTLE ONESCARROT
STICKS

Pasta

BLENDED SAUCE &
SLICED RISSOLE

BOLOGNESE RISSOLES

Beef rissoles cooked in a bolognese style tomato ragù and served with short style pasta.

 30 MINUTES 4 SERVINGS Beef

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FROM YOUR BOX

BEEF RISSOLES	600g
CARROT	1
RED CAPSICUM	1
ZUCCHINI	1
TOMATO SUGO	400ml
SHORT PASTA	500g

FROM YOUR PANTRY

butter/oil for cooking, salt, pepper

COOKING TOOLS

large saucepan, large frypan

Young kids? Before serving, blend sauce using a stick mixer until smooth. Quarter rissoles and return to pan to serve with pasta.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta.



1. BROWN the RISSOLES

Bring a saucepan of water to a boil.

Heat a large frypan with **oil** over medium-high heat. Add rissoles and cook for 2-3 minutes each side or until golden. Remove from pan.

tip Re-shape rissoles if needed!



2. COOK the VEGGIES

Dice carrot and capsicum. Grate zucchini and add to pan as you go. Cook for 5 minutes or until softened.

tip Peel zucchini prior to grating to hide from the kids! Grate the carrot too, if you prefer!



3. SIMMER the Sauce

Stir in sugo and **1 jar water**. Return the rissoles and simmer for further 10 minutes (semi-covered).

tip Add some dried oregano, fennel seeds or chilli flakes for added flavour!



4. BOIL the Pasta

Add pasta to boiling water and cook according to the packet instructions or until cooked al dente. Drain and rinse. Toss with a little **oil or butter**.



5. FINISH AND SERVE

Serve pasta in shallow bowls and top with rissoles, sauce and **salt & pepper** to taste.

tip Top with some cheese if you have it! Toss together sauce and pasta if you prefer.