





# **Product Spotlight:** Oregano

Soak the oregano in a small bowl of cold water to remove any fine dirt or sand before using it! Store any leftovers wrapped in a paper towel in the fridge.



# Switch it up!

You can add some crumbled feta cheese or grated parmesan to this dish! For a different flavour, leave the olives out and cook the lamb with some curry powder.

# Greek Lamb Ragu Pasta

A summer-style lamb bolognese with rosemary and garlic tossed through pasta along with Kalamata olives, finished with fresh oregano.







PROTEIN TOTAL FAT CARBOHYDRATES

103g

#### **FROM YOUR BOX**

SHORT PASTA	1 packet
LAMB MINCE	500g
GARLIC CLOVES	2
BROWN ONION	1
CARROT	1
ZUCCHINI	1
CHOPPED TOMATOES	400g
TOMATO PASTE	1 sachet
KALAMATA OLIVES	1 tub
OREGANO	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary

#### **KEY UTENSILS**

large frypan with lid, saucepan

#### **NOTES**

You can use fresh chopped rosemary if preferred.

If you want to hide the veggies even further you can grate the zucchini too.

No gluten option - pasta is replaced with GF pasta.





#### 1. COOK THE PASTA

Bring a large saucepan of water to a boil. Place **pasta** in boiling water and cook according to packet instructions or until al dente. **Reserve 1/2 cup cooking water**. Drain and set aside.



## 2. COOK THE LAMB

Heat a frypan over medium-high heat with oil. Add lamb mince, crushed garlic and 2 tsp rosemary (see notes). Dice and add onion. Cook for 5 minutes until browned.



#### 3. SIMMER THE SAUCE

Grate **carrot** and dice **zucchini** (see notes). Add to pan along with **chopped tomatoes** and **tomato paste**. Cover and simmer for 10 minutes.



## 4. TOSS THE PASTA

Rinse and chop **olives**. Add to pan along with cooked pasta and reserved cooking water. Toss until well combined. Season to taste with **salt and pepper**.



# 5. FINISH AND SERVE

Divide pasta among bowls. Garnish with **oregano** leaves.





