



Speedy Turkey Bolognese

with cheese and cherry tomatoes

20 – 25 mins

25



Turkey Mince



Grated Cheese



Onion



Cherry Tomatoes



Carrot



Parsley



Dried Linguine



Chopped Tomato with Onion & Garlic



Worcester Sauce



Red Wine Jus

Pantry Items: Sugar, Oil, Water, Salt, Pepper, Butter



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater, pan with lid

Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Grated Cheese	50 g	100 g
Onion	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Carrot	1 unit	2 units
Parsley	5 g	10 g
Dried Linguine	180 g	360 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Worcester Sauce	1 sachet	2 sachets
Red Wine Jus	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	673 g	100 g
Energy (kJ/kcal)	3100.3 kJ/ 741 kcal	460.7 kJ/ 110.1 kcal
Fat (g)	14.2 g	2.1 g
Sat. Fat (g)	7.3 g	1.1 g
Carbohydrate (g)	98.3 g	14.6 g
Sugars (g)	24.5 g	3.6 g
Protein (g)	54.9 g	8.2 g
Salt (g)	3.4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Pasta

- Boil a large pot of **salted water** for the **linguine**.
- When boiling, add the **linguine** to the **water** and bring back to the boil.
- Cook until softened, 10-12 mins.
- Once cooked, drain in a colander and pop back in the pot (off the heat).
- Drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.



Simmer the Sauce

- Once the **mince** is browned, add **cherry tomatoes**, **chopped tomatoes**, **red wine jus**, **Worcester sauce** and ½ tsp **sugar** (double for 4p) to the pan.
- Stir everything together and simmer until slightly reduced, 5-6 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.
- Season to taste with **salt** and **pepper**. Stir through a knob of **butter**.

TIP: Loosen the sauce with a splash of water if you feel it's too thick!



Prep the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Trim and coarsely grate the **carrot**.
- Halve the **tomatoes**.
- Roughly chop the **parsley** (stalks and all).



Finishing Touches

- Stir the cooked **pasta** and **half** the **parsley** into the sauce.
- Sprinkle the **cheese** over the **pasta**.
- Cover and cook until the **cheese** is slightly melted, 1 min.



Cook the Mince

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**, **carrot** and **turkey mince**.
- Fry until the **mince** is browned, 5-6 mins.
- Season with **salt** and **pepper**. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince.



Garnish and Serve

- Divide the cheesy **linguine bolognese** between bowls.
- Garnish with a sprinkling of the remaining **parsley**.

Enjoy!