

# GEORGIE & TOM'S

EATING WELL MADE EASY



## Spaghetti Bolognese

A RICH SLOW COOKED BEEF AND PORK RAGU ENRICHED WITH 6 TYPES OF VEGETABLES, ON A BED OF TRADITIONAL 100% DURUM WHEAT SPAGHETTI, SERVED WITH PARMESAN & A SIDE OF ARUGULA, CHERRY TOMATOES WITH ITALIAN DRESSING

★★★★☆ 4.7

43 reviews

Stove Top or Microwave  
6 minutes

**Shelf-life:** Day of delivery plus 5 days

620 calories per person  
Serves 2

*Mediterranean, High in Fibre*

*Dairy free without sachet of parmesan.*

*Ragu & spaghetti suitable for home freezing*

### HOW TO COOK

*For best results cook on Stove top*

1. Heat **ragu & spaghetti** with 1 tbsp water on a medium heat, 5-6 mins. (Stirring until pipping hot)
2. Slice **cherry tomatoes**. Plate bolognese, finish with **parmesan** and side salad of **arugula** & tomatoes dressed in **Italian dressing**.

*Microwave instructions*

1. Reserve **parmesan, arugula, tomatoes & Italian dressing**.
2. Microwave **pot of ragu** for 5 mins (lid on loosely)
3. Add **tray of spaghetti** to Microwave. Microwave for 1-2 mins until pipping hot.
4. Slice **cherry tomatoes**. Plate bolognese, finish with **parmesan** and side salad of **arugula** & tomatoes dressed in **Italian dressing**.

### INGREDIENTS

Beef (All natural, USDA Choice, from Midwest United States), Tomatoes, Spaghetti (durum wheat semolina, water), Tomato, Pork (All natural from United States), Cremini mushrooms, Onion, Arugula, Slow roast cherry tomatoes (Canola oil, extra virgin olive oil, garlic, vinegar, salt and spices), Carrot, Slow roast tomato paste, Red wine, Tomato puree, Red pepper, Olive Canola oil blend, Parmesan, Extra virgin olive oil, Garlic, Lemon juice, Beef base (Roasted beef and beef stock, salt, hydrolyzed soy & corn protein, sugar, corn oil, autolyzed yeast extract, corn starch, caramel colour, natural solids, beef extract, dextrose, beef fat), Cornstarch, Vinegar, balsamic, Agave syrup, Sugar, Vinegar, cider, Salt, Soy sauce, Dijon mustard, Basil, Oregano dried, Black pepper, Smoked paprika

Allergens: Gluten, Milk, Soy

Contains mustard

### NUTRITION FACTS

Calories 620, Fat 26g, Saturated fat 5g, Carbohydrates 63g, Total sugars 11g, Protein 30g, Fibre 7g, Sodium 810mg