

ALPHABETTI SPAGHETTI!

Using some or all of the letters in the red words shown, how many different words can you write? **CARBONARA SAUCE**

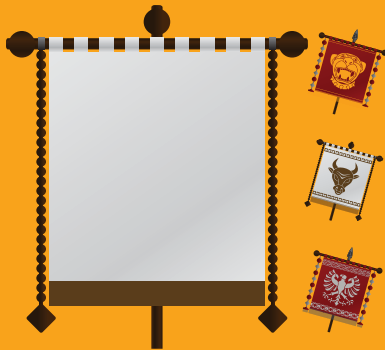
If you can find 20, you're a **PASTA MASTER!**

DRAW YOUR PENANT!

Italy is not only the home of great pasta, but it's also where the Romans came from! Roman armies had large flags which displayed the unit they were in.

1. Flying
2. Crafty
3. Mighty
- 4 Speedy

- A. Panthers
- B. Dragons
- C. Ants
- D. Lions



Ask someone around you for a number between 1 and 4, and a letter between A and D. Then put them together, and that is your Roman Legion name! Can you decorate the penant to represent your soldier unit? (ie. if you get 4B, then you are the Speedy Dragons!)



mealsnetwork.org.uk



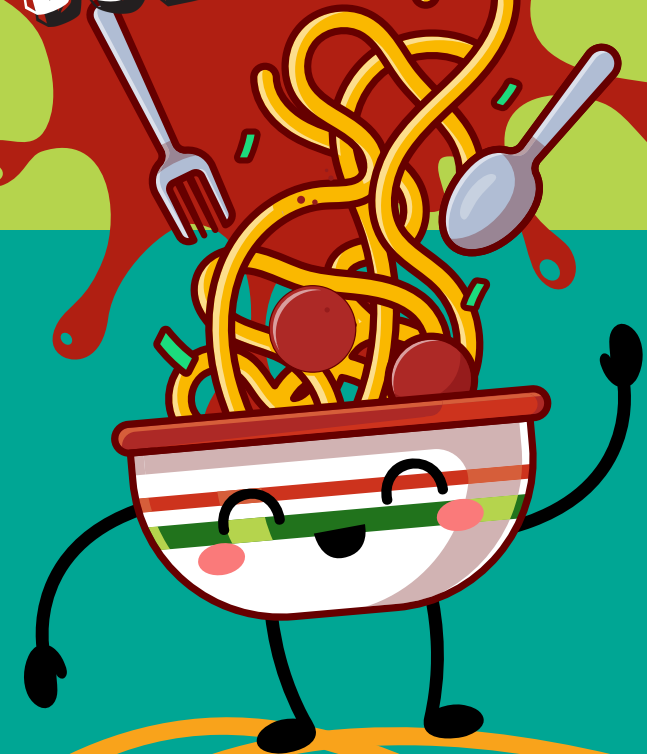
We think you're awesome and we are glad to be on the same team as you in the great game of growing up!

We all need a little help every now and again. If you find you need another Meals box there are more available and other options to choose from. We hope you enjoy your Meal.

Allergy Advice

If you have a food allergy or intolerance, please check the individual labels on each ingredient before you cook with it. Usually common allergens are written in **bold**.

BRILLIANT BOLOGNESE



INSIDE YOUR BOX

Pasta
Carrots
Lentils
Garlic Puree
Chopped Tomatoes
Stuffing Crumbs



Let's get cooking!

CIAO!

Welcome to your Meal box. You're just minutes away from a tasty dinner - we hope you enjoy it! Follow these instructions (or freestyle it if you're a master-chef) and tuck in!



1

Open the tins of carrots and lentils. Drain them and rinse. Put the carrots and lentils into a saucepan. Open the tin of chopped tomatoes and add them to the pan as well. Add 2 tablespoons of the stuffing mix and a squeeze of garlic puree.

2

Boil some water and cook your pasta according to the packet instructions. About 2 handfuls of pasta per person is enough.

3

Meanwhile, while the pasta is bubbling, mix all the tinned ingredients together for a few minutes over a high heat until it starts to bubble. This is your Bolognese mix.

Turn the heat down low and let it simmer for 5 more minutes.

4

When the pasta and the bolognese are both cooked, drain your pasta.

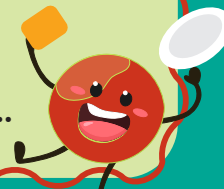
Serve the bolognese on top of the pasta. If you've got some cheese you could grate some on top for extra flavour. Add salt and pepper if you have them.

5

CONGRATULATIONS!

You just made a beautiful bolognese! Slurp it up!

Don't forget to help with the washing up...



SPAG-ARTY!

Pasta is fun to eat... but it can do more! Take one strand of spaghetti from your dinner, let it cool, then see if you can lay it on this white space in a shape to make a picture.

