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# **BALLS SAUCE CARBS**



**ISSUE 1**

**! WELCOME !**





## HELLO.

The genius chefs at the ISH kitchen have teamed up with the masterminds at the Crown Gewelz dream lab to recreate a simple dish that carries a big reputation. It has been a long-lasting Hollywood pin-up but we've decided to clean up its dirty past and give it a vegan twist so you can indulge without the morning-after guilt.



↑Tog 2  
PALABA  
BAR  
RESTAURANT & BAR  
1234567890



# IN THE MOOD FOR

Here lies the most dramatic rendition of the recipe for Spaghetti Bolognese ever made. What's the point? **Not sure, but we had fun making it.**

Oh, and we made it **vegan**, so it's **#supercool**. Your ISH homecook box contains all the ingredients you will need.

# R FOOD?

**1** Slap the garlic and onion into an oiled pan and fry on a medium heat until soft and starting to golden.

**2** Meanwhile, put the kettle on - no it's not time for a tea break yet, that comes later.

ISH X GROWN GEWELZ



ISH X GROWN GEWELZ



BALLS SAUCE CARBS



Once the water is boiled, drown the spaghetti in it and leave it to do its thang. Oh, and add salt.

3

Add the balls to the onion and garlic and continue to fry until hot, sweaty, and aromatic, not dissimilar to a football team's locker room.

4

FOOT



# \*CORONA NOT INC

ISH X GROWN GEWELZ



## CLUDED

Add the tomatoes and herbs to the pan and leave to simmer for roughly 7.33 minutes.

5

Quick! You have exactly 7.33 minutes to run and grab that beer from the fridge and down it! Go gooooo! We're timing you!

6



## #SPAGGYSSELFIES

Don't forget that your meal is 99.9% guaranteed to taste better if you take pictures of yourself wearing it. 100% if you then upload it to social media and tag us  
[#ootd](#) [#spagfit](#)







**7** Drain the spaghetti once cooked. To test whether the spaghetti's done, throw it on the wall and if it sticks you've got yourself a winner!

**8** If not, the Italians have got away with calling undercooked 'al dente' for years so just copy them.





**\*DISCLAIMER\***

We do not recommend doing this if you live with clean freaks and do not take any responsibility for damaged relationships.





**AND FINALLY...**



**ISH X GROWN GEMELZ**

Let the spaghetti slither over the saucy, slippery balls and serve!

ORAGHE INI

GHETIUNE

SPAGNE

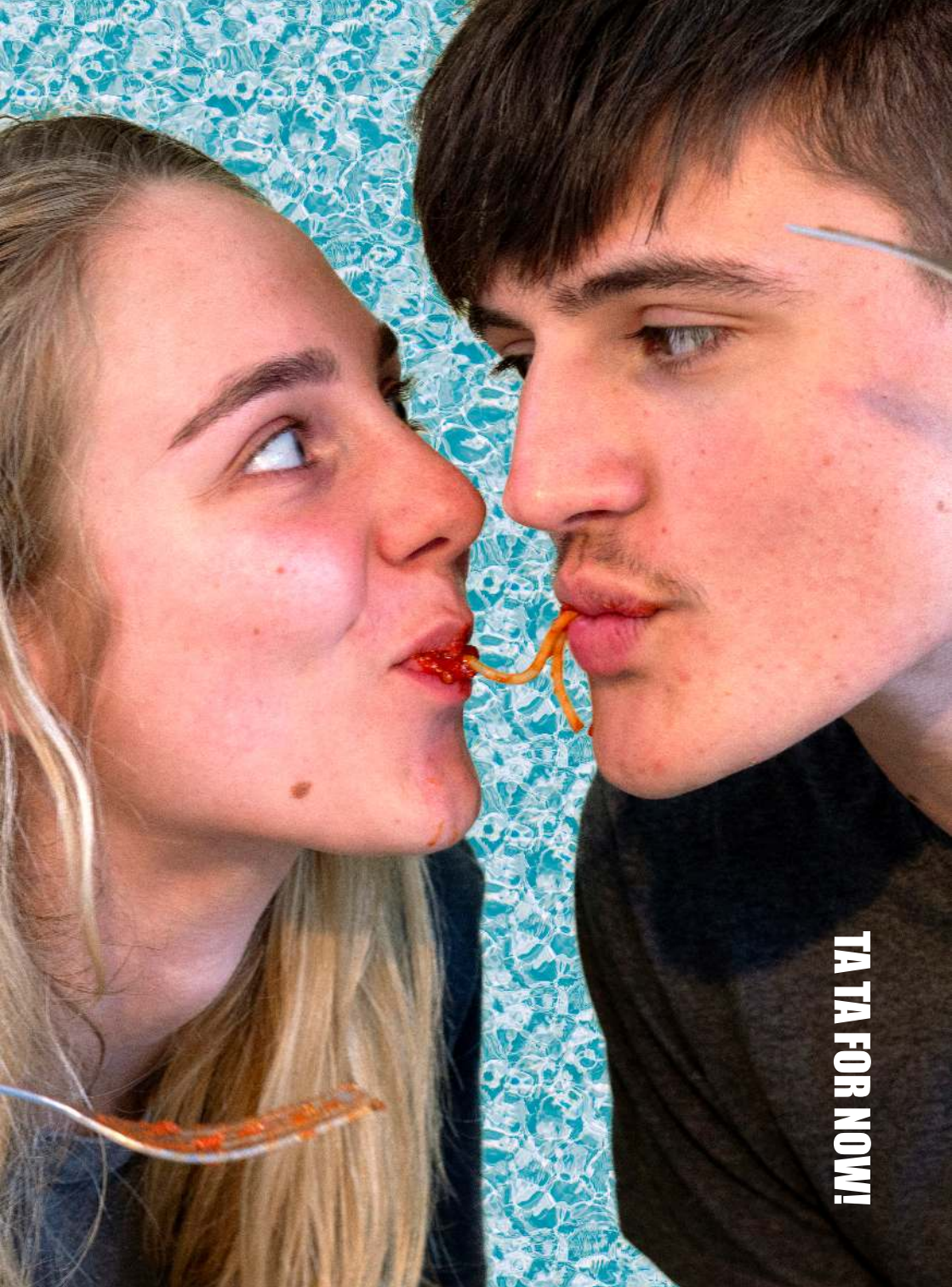
SPAGHETTI

**and they all lived happily ever after.**



Follow us for more **groundbreaking**  
recipes and general good vibes!  
**@jess.e.greenwood @crown\_gewelz**





**TA TA FOR NOW!**