



# Oven-Cooked Greek Style Pork Ragu and Spaghetti

with Mixed Herbs, Olives and Greek Salad Cheese

9

Classic 35-40 Minutes



Pork Mince



Garlic Clove



Tomato Puree



Mixed Herbs



Red Wine Stock Paste



Worcester Sauce



Spaghetti



Italian Olives



Greek Style Salad Cheese



Beef Mince

### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Ovenproof pan, garlic press, lid and colander.

## Ingredients

| Ingredients                          | 2P       | 3P       | 4P        |
|--------------------------------------|----------|----------|-----------|
| Pork Mince**                         | 240g     | 360g     | 480g      |
| Garlic Clove**                       | 2        | 3        | 4         |
| Tomato Puree                         | 60g      | 90g      | 120g      |
| Mixed Herbs                          | 1 sachet | 1 sachet | 2 sachets |
| Red Wine Stock Paste <b>14)</b>      | 28g      | 42g      | 56g       |
| Worcester Sauce <b>13)</b>           | 15g      | 22g      | 30g       |
| Spaghetti <b>13)</b>                 | 180g     | 270g     | 360g      |
| Italian Olives                       | 30g      | 45g      | 60g       |
| Greek Style Salad Cheese** <b>7)</b> | 50g      | 75g      | 100g      |
| Beef Mince**                         | 240g     | 360g     | 480g      |

| Pantry               | 2P    | 3P     | 4P    |
|----------------------|-------|--------|-------|
| Sugar*               | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 300ml | 450ml  | 600ml |
| Butter*              | 20g   | 30g    | 40g   |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 479g          | 100g     | 479g        | 100g     |
| Energy (kJ/kcal)        | 3848 /920     | 804 /192 | 3622 /866   | 756 /181 |
| Fat (g)                 | 44.7          | 9.3      | 38.1        | 8.0      |
| Sat. Fat (g)            | 19.2          | 4.0      | 17.9        | 3.7      |
| Carbohydrate (g)        | 85.7          | 17.9     | 85.4        | 17.8     |
| Sugars (g)              | 17.4          | 3.6      | 17.1        | 3.6      |
| Protein (g)             | 41.7          | 8.7      | 45.0        | 9.4      |
| Salt (g)                | 3.85          | 0.80     | 3.90        | 0.81     |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Started

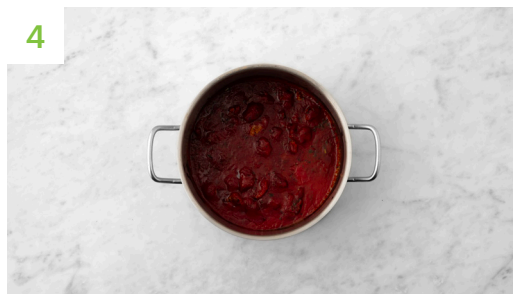
Preheat your oven to 220°C/200°C fan/gas mark 7.

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium-high heat. **TIP:** *If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.*

Once hot, add the **pork mince**. Fry until the **mince** has browned, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

## CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



## Bake the Ragù

Bring the **sauce** up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **meat** is tender and the **sauce** has thickened, 20-25 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



## Brown the Pork Mince

Use a spoon to break up the **pork mince** as it cooks.

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.



## Flavour Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Add the **garlic** and **tomato puree** to the pan. Stir-fry until fragrant, 1 min.

Stir through the **mixed herbs**, **red wine stock paste**, **Worcester sauce** and the **sugar** and **water for the sauce** (see pantry for both amounts) until well combined. Season with **salt** and **pepper**.



## Cook the Pasta

When the **mince** has 15 mins of cooking time left, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **spaghetti**.

When boiling, add the **spaghetti** to the **water** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Serve Up

When everything's ready, remove the **ragu** from the oven and stir through the **butter** (see pantry for amount), **olives** and **cooked pasta**. **TIP:** *Add a splash of water if you need to loosen the sauce.*

Divide the **pasta** between your serving bowls.

Crumble over the **Greek style salad cheese** to finish.

## Enjoy!