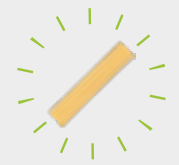




Beef Ragu

with Spaghetti and Balsamic Mustard Dressed Salad



HELLO PASTA

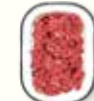
Unsurprisingly, Italy eats the most pasta. More surprising, the next two are Venezuela and Tunisia!



Courgette



Yellow Pepper



Beef Mince



Soy Sauce



Dried Oregano



Finely Chopped Tomatoes with Garlic and Onion



Spaghetti



Baby Plum Tomatoes



Cucumber



Punchy Balsamic Mustard



Olive Oil



Baby Leaf Salad



Hard Italian Cheese

- MEAL BAG
- Hands-on: 15 mins
- Total: 40 mins
- 5 of your 5 a day
- Family Box

Traditionally, us Brits love the addition of a bit of Worcester sauce in our hotpots, pasta sauces and so on. Here at the Fresh Farm we're very taken with the idea of using soy sauce in a similar way. The savoury saltiness is a subtle but genius addition to this quick ragu. Can anyone guess your secret ingredient?

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Frying Pan** and **Colander**. Now, let's get cooking!



1 PREP THE VEGGIES

Remove the top and bottom from the **courgette**, quarter lengthways then chop into 1cm cubes. Halve, then remove the core from the **yellow pepper** and chop into 1cm cubes as well. Put a large saucepan of water with a pinch of **salt** on to boil for the **pasta**.



2 START THE RAGU

Heat a splash of **oil** in a frying pan on medium-high heat and add the **beef mince**. Cook until browned, 5 mins. Use a wooden spoon to break it up as it cooks. Once the **beef** has browned add the **soy sauce** and **dried oregano**. Cook for 1 minute more, then add the **finely chopped tomatoes**. Bring to the boil.



3 SIMMER THE RAGU

Add the **courgette** and **pepper**, then lower the heat until the **ragu** is gently bubbling away. Cook, stirring occasionally until nice and thick and the **veggies** are soft, 15 mins. Taste and season with **salt** and **black pepper** if necessary.



4 COOK THE SPAGHETTI

Meanwhile, add the **spaghetti** to the pan of boiling water and cook until 'al dente', about 10 mins. **★ TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.



5 SALAD TIME!

While the **ragu** and **pasta** simmer away, halve the **baby plum tomatoes** and pop into a bowl. Remove the ends from the **cucumber** and chop into 2cm chunks. Add to the **tomatoes** in the bowl. Use **half** as **salad** for the kids! Mix the **mustard** with the **olive oil** (amount specified in the ingredient list) and season with a pinch of **salt**. Use this to dress the **baby leaves** and remaining **tomatoes** and **cucumber** for the adults, just before serving.



6 FINISH AND SERVE

Drain the **pasta** in a colander and toss into the **ragu** before serving with plenty of **hard Italian cheese**. **★ TIP:** Serve the beef ragu on top of the pasta if that's how it's preferred! Pop the salad alongside and **buon appetito!**

4 PEOPLE INGREDIENTS

Courgette, chopped	2
Yellow Pepper, chopped	1
Beef Mince	500g
Soy Sauce ¹¹⁾ ¹³⁾	1½ tbsp
Dried Oregano	1 tbsp
Finely Chopped Tomatoes with Garlic and Onion	2 cartons
Spaghetti ¹³⁾	400g
Baby Plum Tomatoes, halved	1 punnet
Cucumber, chopped	1
Punchy Balsamic Mustard ⁹⁾	1 tbsp
Olive Oil*	3 tbsp
Baby Leaf Salad	1 bag
Hard Italian Cheese ⁷⁾	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	853	111
(kJ)	3592	468
Fat (g)	29	4
Sat. Fat (g)	9	1
Carbohydrate (g)	94	12
Sugars (g)	23	3
Protein (g)	51	7
Salt (g)	3.37	0.44

ALLERGENS

⁷⁾ Milk ⁹⁾ Mustard ¹¹⁾ Soya ¹³⁾ Gluten

Punchy Balsamic Mustard: Balsamic Vinegar (60%), Mustard Seed (30%), Water, Sea Salt, Raw Cane Sugar, Black Peppercorns, Allspice, Chillies.

Soy Sauce: Water, Soy beans, Wheat, Salt, Sodium Benzoate.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

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