

Beef, Mushroom and Red Wine Ragu

with Pappardelle

FAMILY Hands on Time: 15 Minutes • Total Time: 20 Minutes • 1 of your 5 a day













Carrot





Flat Leaf Parsley

Sliced Mushrooms



Dried Thyme



Pappardelle



Red Wine Jus Paste



Tomato Puree



Hard Italian Style Grated Cheese

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Large Frying Pan, Saucepan, Colander and Measuring Jug.

Ingredients

	2P	3P	4P	
Shallot**	1	2	2	
Garlic Clove**	1 clove	2 cloves	2 cloves	
Carrot**	1	2	2	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
Beef Mince**	240g	360g	480g	
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets	
Dried Thyme	½ pot	¾ pot	1 pot	
Pappardelle 13)	200g	300g	400g	
Red Wine Jus Paste 10) 14)	1 pot	2 pots	2 pots	
Tomato Puree	1 sachet	1½ sachets	2 sachets	
Water for the Sauce*	150ml	200ml	300ml	
Hard Italian Style Grated Cheese 7) 8)**	1	2	2	

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	494g	100g
Energy (kJ/kcal)	2912 /696	589/141
Fat (g)	25	5
Sat. Fat (g)	12	2
Carbohydrate (g)	73	15
Sugars (g)	12	2
Protein (g)	44	9
Salt (g)	2.02	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

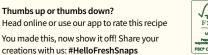
7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep

Fill and boil your kettle. Halve, peel and chop the shallot into small pieces. Peel and grate the garlic (or use a garlic press). Trim the carrot, (no need to peel) then quarter lengthways, chop width ways into small pieces. Roughly chop the parsley (stalks and all).



2. Start Frying

Heat a drizzle of **oil** in a large frying pan on a medium high heat. Once hot add the beef mince and cook until browned, 3-4 mins. Break it up with a wooden spoon as it cooks. **IMPORTANT**: The mince is cooked when it is no longer pink in the middle. Once the **mince** has browned, add the shallot, carrot and sliced mushrooms and cook until soft, stirring occasionally, 5 mins. Add the garlic and thyme and cook for a further 1 minute.



3. Cook the Pasta

Meanwhile, pour your boiling water into a saucepan on medium high heat. Add the pappardelle to the pan with 1/4 tsp of salt, bring to a boil and cook the pasta until tender, 10 minutes. Once cooked, reserve some of the **pasta water**, then drain into a colander. Pop back in your pan and drizzle with a little oil to stop it sticking.



4. Finish the Sauce

Add the **red wine jus**, **tomato puree** and **water** (see ingredients for amount) to the **beef mixture**. Stir to dissolve, then simmer until a glossy sauce has formed, 5 mins. Add a splash of pasta water to the **sauce**, if its looking a little dry.



5. Add the Parsley

Once the sauce is cooked, stir through half the parsley. Taste and season with salt and pepper if needed. Add the **cooked pasta** and stir to combine.



6. Time to Serve

Divide the **pappardelle** between your plates or bowls. Sprinkle over the cheese and remaining parsley.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.