

# **Beetroot and Pork Ragu**

with Spaghetti

FAMILY Hands on Time: 20 Minutes • Total Time: 30 Minutes • Little Heat • 1.5 of your 5 a day









Cooked Beetroot



Pork Mince





Chilli Flakes



Smoked Paprika





Chicken Stock Powder



Flat Leaf Parsley



Cheddar Cheese

Spaghetti



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:

Coarse Grater, Large Frying Pan, Large Saucepan, Measuring Jug, Colander and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Cooked Beetroot**	1 pack	1½ packs	2 packs
Pork Mince**	240g	360g	480g
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Chilli Flakes	a pinch	a pinch	a pinch
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for the Ragu*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	1⅓ sachets	2 sachets
Spaghetti 13)	200g	300g	400g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Hard Italian Style Grated Cheese 7) 8)**	1 pack	1 pack	2 packs

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

#### **Nutrition**

	Per serving	Per 100g		
for uncooked ingredients	659g	100g		
Energy (kJ/kcal)	4213/1007	640/153		
Fat (g)	39	6		
Sat. Fat (g)	17	3		
Carbohydrate (g)	105	16		
Sugars (g)	29	4		
Protein (g)	54	8		
Salt (g)	3.55	0.54		

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

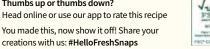
7) Milk 8) Egg 13) Gluten

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.

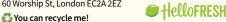
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

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Packed in the UK



# 1. Get Prepared

Fill and boil the kettle, we will use it for the pasta later. Halve, peel and thinly slice the **onion**. Coarsely grate the **beetroot**. **TIP:** Wear rubber gloves to prevent staining your hands!



# 2. Cook the Vegetables

Heat a splash of oil in a large frying pan on high heat. Once hot, add the **pork mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. IMPORTANT: The mince is cooked when it is no longer pink in the middle. Add the onion to the pan, stir together, and cook until the onion has softened, 4-5 mins. Season with salt and **pepper**. Pour the boiled **water** into a large saucepan with ½ tsp of salt. Bring back to boil on high heat.



# 3. Flavour the Ragu

Add the smoked paprika and a pinch of chilli flakes (careful they're hot!) to the pork as it cooks. Mix well and cook for 30 seconds. Stir in the grated beetroot, chopped tomatoes, water (see ingredients for amount) and the chicken stock **powder**. Bring to the boil, stir to dissolve the **stock powder**, then reduce the heat to simmer until the sauce has thickened 8-10 mins.



## 4. Cook the Pasta

Add the **spaghetti** to the saucepan of boiling water. Simmer until tender, 8 mins, then drain into a colander. Return to the pan off the heat, drizzle with a little oil. Turn your grill on to high.



# 5. Bake the Spaghetti!

Meanwhile, roughly chop the parsley (stalks and all). Grate the Cheddar cheese. Once the sauce is nice and thick, mix in half the parsley, taste and season with **salt** and **pepper** if necessary. Add the **spaghetti** to the **sauce** and stir to combine. Transfer the **saucy pasta** into an ovenproof dish and sprinkle over both the **Cheddar** and the **hard** Italian cheese and the remaining parsley. Pop under the grill until the **cheese** has melted and the top is turning golden, 3-5 mins.



### 6. Serve

Once your **pasta** is out of the oven, serve into big bowls.

Dig in!

#### 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.