



Cinnamon Lamb Ragu

with Rigatoni and Feta

CLASSIC 35 Minutes • 1 of your 5 a day

N° 6



Onion



Carrot



Garlic Clove



Lamb Mince



Tomato Purée



Finely Chopped Tomatoes



Ground Cinnamon



Rigatoni Pasta



Flat Leaf Parsley



Feta Cheese

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lamb Mince**	200g	300g	400g
Tomato Purée	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Ground Cinnamon	1 small pot	1 small pot	1 large pot
Water for the Sauce*	150ml	225ml	300ml
Rigatoni Pasta 13)	200g	300g	400g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	1 block	1½ blocks	2 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	595g	100g
Energy (kJ/kcal)	3473 / 830	584 / 140
Fat (g)	29	5
Sat. Fat (g)	14	2
Carbohydrate (g)	96	16
Sugars (g)	21	4
Protein (g)	44	7
Salt (g)	1.97	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13**) Gluten

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

Halve, peel and chop the **onion** into small pieces. Trim the **carrot**, then halve lengthways (no need to peel). Slice lengthways into thin strips then chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press).



4. Cook the Pasta

Meanwhile, add ½ tsp **salt** to the boiling **water** and add the **rigatoni**. Cook for 12 mins then drain in a colander and pop back in the pan. Drizzle with a little **oil** to prevent it from sticking together.



2. Start Cooking!

Bring a saucepan of **water** to boil for the **pasta**. Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **lamb mince** and cook until golden brown all over, 4-5 mins, using a 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** and **carrot** and cook until they beginning to soften, 4-5 mins. Add the **garlic** and **tomato puree** and cook, stirring, for one minute.



5. Finish the Prep!

While everything cooks, roughly chop the **parsley** (stalks and all). Crumble the **feta** into small pieces.



3. Simmer!

Add the **chopped tomatoes** and **cinnamon** (add less if you're not a fan of it!) with the **water** (see ingredients for amount) and season with **salt** and **pepper**. Add a pinch of **sugar**. Bring to a simmer and cook, stirring regularly, until thick and **tomatoey**, 15-20 mins.



6. Serve!

Taste the **lamb sauce** and season with **salt** and **pepper** to taste. Add a splash of **water** if you feel it needs it. Stir the **drained pasta** and **half** the **parsley** through the **sauce** then divide between plates. Top with the crumbled **feta** 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.