



GHOULISH GOULASH

with Pork, Beetroot and Dill



HELLO BEETROOT

Since the 16th century, beet juice has been used as a natural red dye. The Victorians used beetroot to dye their hair.



Onion



Beetroot



Pork Mince



Cornflour



Smoked Paprika



Chilli Flakes



Finely Chopped Tomatoes with Garlic & Onion



Beef Stock Powder



Pappardelle



Dill



Soured Cream

MEAL BAG

30 mins

5 of your 5 a day

Little heat



BEFORE YOU START

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



1 GET PREPPED

Fill and boil your kettle with water to use for the pasta. Half, peel and thinly slice the **onion**. Trim, peel and coarsely grate the **beetroot**.

★ **TIP:** Wear rubber gloves to prevent staining your hands!



2 FRY TIME!

Heat a splash of **oil** in a large frying pan on high heat. Once hot, pop in the **onion**, **beetroot** and **pork mince**. Season with **salt**. Cook until the **pork** is beginning to brown and the **onion** starting to soften, 3-5 mins, breaking up the **pork** with a wooden spoon as it cooks. Pour the boiled **water** into a large saucepan with a good pinch of **salt**. Bring back to the boil on high heat.



4 COOK THE PASTA

Pop the **papadelle** into the saucepan. Stir and boil for cook until al dente, around 7 mins.

★ **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Drain into a colander. Return to the pan off the heat and season with a pinch of **salt** and **pepper**.



5 NEARLY THERE!

While the pasta cooks, roughly chop the **dill** (stalks and all).



3 FLAVOUR THE GOULASH

Mix the **cornflour** with 1 tbsp of **water** per person. Stir to dissolve. Add the **smoked paprika** and **chilli flakes** (careful they're hot!) to the frying pan. Mix well and cook for 30 seconds. Stir in the **chopped tomatoes**, **water** (see ingredients for amount), dissolved **cornflour**, **stock powder** and **sugar** (if using). Bring to the boil, stir to dissolve the **stock powder** then reduce the heat to simmer.



6 DISH UP!

Taste the **goulash** and season with **salt** and **pepper** if necessary. Serve the **pasta** in bowls with the **goulash** spooned on top. Add a good dollop of **sour cream** and a nice sprinkling of **dill**. **HAPPY HALLOWEEN!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion	1	1½	2
Beetroot	1	1½	2
Pork Mince	225g	350g	450g
Cornflour	¼ pot	⅓ pot	½ pot
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Chilli Flakes	a pinch	a pinch	a pinch
Finely Chopped Tomatoes with Garlic & Onion	½ carton	¾ carton	1 carton
Water*	250ml	375ml	500ml
Beef Stock Powder	½ sachet	¾ sachet	1 sachet
Sugar*	¼ tsp	½ tsp	½ tsp
Pappardelle 13)	200g	300g	400g
Dill	1 bunch	1 bunch	1 bunch
Soured Cream 7)	½ pouch	¾ pouch	1 pouch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 553G	PER 100G
Energy (kcal)	799	144
(kJ)	3341	604
Fat (g)	26	5
Sat. Fat (g)	11	2
Carbohydrate (g)	96	17
Sugars (g)	24	4
Protein (g)	41	7
Salt (g)	1.67	0.30

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.

THUMBS UP OR THUMBS DOWN?

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HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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