



# Lamb and Mushroom Ragu

## with Penne and Cheese

**Rapid** 20 Minutes • 2 of your 5 a day

15



Carrot



Lamb Mince



Sliced Mushrooms



Penne Pasta



Sun-Dried Tomato Paste



Finely Chopped Tomatoes with Onion and Garlic



Italian Style Herbs



Red Wine Stock Paste



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, Grater, Frying Pan and Colander.

## Ingredients

	2P	3P	4P
Carrot**	1	2	2
Lamb Mince**	200g	300g	400g
Sliced Mushrooms**	120g	180g	240g
Penne Pasta <b>13</b>	180g	270g	360g
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Italian Style Herbs	½ sachet	1 sachet	1 sachet
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Red Wine Stock Paste <b>14</b>	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	548g	100g
Energy (kJ/kcal)	3103 / 742	567 / 135
Fat (g)	23	4
Sat. Fat (g)	11	2
Carbohydrate (g)	92	17
Sugars (g)	22	4
Protein (g)	42	8
Salt (g)	4.67	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

**a)** Bring a medium saucepan of **water** up to the boil with **½ tsp salt** for the **pasta**.

**b)** Trim and coarsely grate the **carrot**.

2



## Start Cooking

**a)** Heat a large frying pan on high heat (no oil).

**b)** When hot, add the **lamb mince** and cook until browned, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

**c)** Use a spoon to break it up as it cooks. Once browned, drain and discard any excess fat.

**d)** Lower the heat and add the **grated carrot** and the **sliced mushrooms**. Stir and continue to cook until the **vegetables** are softened, 2-3 mins.

3



## Cook the Pasta

**a)** Meanwhile, once the pan of **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins.

4



## Simmer the Sauce

**a)** While the **pasta** cooks, add the **sun-dried tomato paste**, **chopped tomatoes**, **Italian style herbs**, **sugar for the sauce** (see ingredients for amount) and the **red wine stock paste** to the pan with the **mince**.

**b)** Season with **salt** and **pepper**.

**c)** Bring to a simmer and cook until thickened, 5-6 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

5



## Finish Up

**a)** Once the **pasta** is cooked, drain in a colander.

**b)** Add the **pasta** to the **sauce**. Taste and season with **salt** and **pepper**.

**c)** Add **half** the **hard Italian style cheese**. Loosen with a splash of **water** if you need to.

6



## Serve

**a)** Divide the **pasta** between your bowls.

**b)** Top with the remaining **hard Italian style cheese**.

Enjoy!