

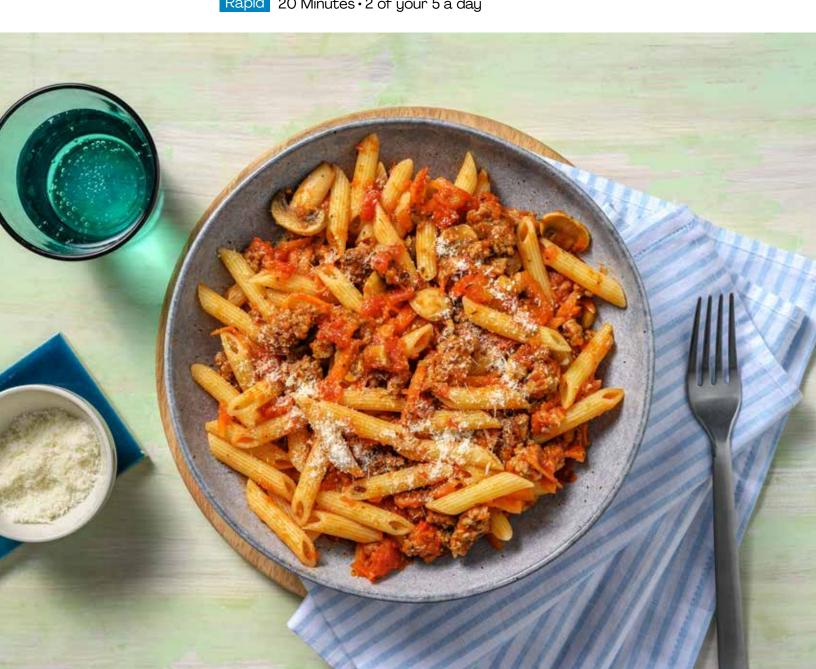
Lamb and Mushroom Ragu

with Penne and Cheese



Rapid 20 Minutes • 2 of your 5 a day









Lamb Mince



Sliced Mushrooms







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

Cooking tools

Saucepan, grater, frying pan, pan and colander.

Ingredients

Ingredients	2P	3P	4P	
Carrot**	1	2	2	
Lamb Mince**	200g	300g	400g	
Sliced Mushrooms**	120g	180g	240g	
Penne Pasta 13)	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 sachets	1 sachets	1 sachets	
Red Wine Stock Paste 14)	1 sachet	2 sachets	2 sachets	
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	50g	
Pantry	2P	3P	4P	
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp	
*Not Included **Store in the Fridge				

Nutrition

Tupical Values	Per serving	Per 100g
for uncooked ingredient	535g	100g
Energy (kJ/kcal)	2984 /713	558/133
Fat (g)	20.7	3.9
Sat. Fat (g)	9.3	1.7
Carbohydrate (g)	91.1	17.0
Sugars (g)	20.6	3.9
Protein (g)	39.0	7.3
Salt (g)	4.53	0.85

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 13) Cereals containing 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 to the boil with ½ tsp salt for the pasta.
- **b)** Trim and coarsely grate the **carrot**.



Fry the Mince and Veg

- a) Heat a large frying pan on high heat (no oil).
- **b)** Once hot, add the **lamb mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- c) Lower the heat and add the **grated carrot** and **sliced mushrooms**. Stir and continue to cook until the **veg** have softened, 2-3 mins.



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.



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 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.



Combine and Stir

- **a)** Once the **pasta** is cooked, drain in a colander, then add to the **lamb ragu** and combine well.
- **b)** Taste and season with **salt** and **pepper** if needed.
- c) Add half the hard Italian style cheese. Loosen with a splash of water if you need to.



Serve

- a) Share the pasta between your bowls.
- **b)** Top with the remaining **hard Italian style cheese**.

Enjoy!