



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

Pantry Items

Salt, Pepper, Sugar

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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	535g 2984 / 713	100g 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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1



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**.

2



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.

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 **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



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.

6



Serve

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

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

Enjoy!