



# Lamb and Mushroom Ragu with Penne and Cheese

**Rapid** 20 Minutes • 1 of your 5 a day

14



Carrot



Lamb Mince



Sliced Mushrooms



Penne Pasta



Finely Chopped Tomatoes with Onion and Garlic



Tomato Puree



Italian 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!

## Cooking tools, you will need:

Saucepan, Frying Pan, Wooden Spoon, Colander, Plate.

## 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
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1 sachet	2 sachets
Italian Herbs	½ sachet	1 sachet	1 sachet
Red Wine Stock Paste <b>14</b> )	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	80g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	544g	100g
Energy (kJ/kcal)	3077 /735	565 /135
Fat (g)	21	4
Sat. Fat (g)	11	2
Carbohydrate (g)	91	17
Sugars (g)	23	4
Protein (g)	42	8
Salt (g)	4.32	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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 You can recycle me!



## Get Prepped

- Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the **pasta**.
- Trim and coarsely grate the **carrot**.



## Start Cooking

- Heat a frying pan on high heat.
- When hot, add the **lamb mince** (no oil) and cook until browned, 5-6 mins.
- Use a wooden spoon to break it up as it cooks.
- Once browned, lower the heat and add the **grated carrot** and the **sliced mushroom**, stir and continue to cook until the **vegetables** are softened, 2-3 mins.



## Cook the Pasta

- Once the pan of **water** is boiling add the **penne** and cook for 12 mins.



## Simmer the Sauce

- Meanwhile, add the **chopped tomatoes**, **tomato puree**, **Italian herbs** and the **red wine stock paste** to the pan with the **mince**.
- Season with **salt** and **pepper**.
- Bring to a simmer and cook until thick and tomatoey, 5-6 mins. Add a splash of **water** if you need to. **IMPORTANT:** *The lamb is cooked when it's no longer pink in the middle.*



## Finish Up

- Once the **pasta** is cooked, drain it in a colander. Add the **pasta** to the **sauce**.
- Taste and season with **salt** and **pepper**.
- Add **half** the **hard Italian style cheese**. Loosen with a splash of **water** if you need to.



## Serve

- Divide the **pasta** between plates and top with the remaining **hard Italian style cheese**.

## 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.