

# Lamb and Mushroom Ragu

with Penne and Cheese



20 Minutes • 1 of your 5 a day











Sliced Mushrooms



Penne Pasta



Finely Chopped Tomatoes with Onion and Garlic



Italian Herbs



Red Wine Stock Paste



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you

## 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 13)	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
544g	100g
3077 /735	565 /135
21	4
11	2
91	17
23	4
42	8
4.32	0.80
	544g 3077 /735 21 11 91 23 42

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.

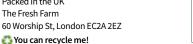
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# **Get Prepped**

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



## **Start Cooking**

- a) Heat a frying pan on high heat.
- b) When hot, add the lamb mince (no oil) and cook until browned, 5-6 mins.
- c) Use a wooden spoon to break it up as it cooks.
- **d)** 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

a) Once the pan of water is boiling add the penne and cook for 12 mins.



## Simmer the Sauce

- a) Meanwhile, add the chopped tomatoes, tomato puree, Italian herbs 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 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

- a) Once the pasta is cooked, drain it in a colander. Add the pasta to the sauce.
- **b)** 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.



#### Serve

a) 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.