



# Lamb and Mushroom Ragu with Penne

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

15



Carrot



Lamb Mince



Sliced Mushrooms



Penne Pasta



Finely Chopped Tomatoes with Onion and Garlic



Tomato Puree



Italian Herbs



Red Wine Stock Paste



Grated Italian Style Hard Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Grater, 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 Italian Style Hard Cheese <b>7) 8)**</b>	40g	65g	80g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>544g</b>	<b>100 g</b>
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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Get Prepped

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



## Start Cooking

- Heat a large frying pan on high heat.
- When hot, add the **lamb mince** (no oil) and cook until browned, 5-6 mins. **IMPORTANT:** Wash your hands after handling raw meat.
- Use a wooden spoon to break it up as it cooks.
- Once browned, 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.



## 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 mince is cooked when no longer pink in the middle.



## Finish Up

- Once the **pasta** is cooked, drain 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.
- 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.