



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 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:

Medium Saucepan, Grater, Frying Pan, Wooden Spoon, Colander.

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 Herbs	½ sachet	1 sachet	1 sachet
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Red Wine Stock Paste 14	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style** Cheese 7) 8)	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	548g	100g
Energy (kJ/kcal)	3113 /744	568 /136
Fat (g)	23	4
Sat. Fat (g)	11	2
Carbohydrate (g)	92	17
Sugars (g)	23	4
Protein (g)	41	8
Salt (g)	4.62	0.84

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

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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 (no **oil**).
- When hot, add the **lamb mince** and cook until browned, 5-6 mins. **IMPORTANT:** *Wash your hands after handling raw mince.*
- Use a spoon to break it up as it cooks. Once browned, drain and discard any excess fat.
- 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

- 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

- Add the **sun-dried tomato paste**, **chopped tomatoes**, **Italian herbs**, **sugar for the sauce** (see ingredients for amount) and the **red wine stock paste** to the pan with the **mince**.
- Season with **salt** and **pepper**.
- Bring to a simmer and cook until thickened, 5-6 mins. **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 **grated hard Italian style cheese**. Loosen with a splash of **water** if you need to.



Serve

- Divide the **pasta** between plates.
- Top with the remaining **grated 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.