



Lamb Ragu Pappardelle

with Roasted Red Pepper

CLASSIC 25 Minutes • 1.5 of your 5 a day



Onion



Red Pepper



Lamb Mince



Finely Chopped Tomatoes with Basil



Chicken Stock Powder



Wheat Pappardelle



Spinach



Hard Italian Style Grated Cheese

Before you start

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

Basic cooking tools, you will need:

Make sure you've got a Large Saucepan, Baking Tray, Frying Pan, Colander and Coarse Grater. Now, let's get cooking!

2|3|4 People-Ingredients

	2P	3P	4P
Onion	1	2	2
Red Pepper	1	1½	2
Lamb Mince	200g	300g	400g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Wheat Pappardelle (13)	200g	300g	400g
Spinach	1 small bag	¾ large bag	1 large bag
Hard Italian Style Grated Cheese (7) 8)	½ pack	¾ pack	1 pack

*Not Included

Nutrition

	Per serving	Per 100g
For uncooked ingredients	600g	100g
Energy (kJ/kcal)	2807 / 671	468 / 112
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	84	14
Sugars (g)	22	4
Protein (g)	37	6
Salt (g)	3.18	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Wheat Pappardelle. Ingredients: Durum wheat semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Prep the Veggies

Preheat your oven to 220°C. Put a large saucepan of **water** with a pinch of **salt** on to boil for the wheat pasta. Halve, peel and then chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Slice into strips.



2. Cook the Pepper

Lay the **pepper strips** on a baking tray and drizzle over a little **oil**. Season with **salt** and **pepper**. Toss to coat evenly then spread out, skin-side down, in a single layer. Roast on the top shelf of your oven until soft and slightly charred, 15-20 mins. When ready, remove from the oven and set aside.



3. Make the Ragù

Meanwhile, put a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **lamb mince**. Break it up with a wooden spoon and cook until browned, 4-5 mins. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Drain off any excess fat then add the **onion** to your pan. Cook until soft, 4-5 mins. Pour in the **finely chopped tomato with basil**. Stir in the **water** (see ingredients for amount) and the **stock powder** and bring to a boil.



4. Cook the Wheat Pasta

Once boiling, turn the heat down to medium and simmer until thick and tomatoey, 8-10 mins. Meanwhile, add the **wheat pappardelle** to your saucepan of boiling **water**. Cook for 10 mins then drain in a colander and return to the pan (off the heat) with a drizzle of **oil** to stop it sticking together.



5. Finish and Combine

When your **sauce** has thickened, taste and season with **salt** and **pepper** if you feel it needs it. Stir in the **spinach** a handful at a time until wilted then combine the **wheat pappardelle** with the **ragù** and stir or toss together.



6. Serve!

Serve the **lamb ragù wheat pappardelle** in deep bowls with the **roast pepper** arranged on top. Sprinkle over the **hard Italian style cheese**.

Enjoy!