



Penne Ragu Alforno

with Carrot and Chives

N° 10

FAMILY Hands on Time: 25 Minutes • Total Time: 40 Minutes • 1 of your 5 a day



Beef Mince



Carrot



Penne Pasta



Tomato Puree



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Pot



Chives



Mozzarella



Hard Italian Style Cheese

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Large Frying Pan, Coarse Grater, Colander, Measuring Jug and Ovenproof Dish.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Carrot**	1	1	2
Penne Pasta 13)	200g	300g	400g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Water for the Sauce*	50ml	75ml	100ml
Chives**	1 bunch	1 bunch	1 bunch
Mozzarella 7) **	1 ball	1 ball	1 ball
Hard Italian Style Grated Cheese 7) 8) **	1 pack	1 pack	1 pack

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	584g	100g
Energy (kJ/kcal)	4171/997	714/171
Fat (g)	39	7
Sat. Fat (g)	21	4
Carbohydrate (g)	97	17
Sugars (g)	23	4
Protein (g)	60	10
Salt (g)	4.60	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Fry the Mince

Preheat your oven to 200°C. Bring a large saucepan of **water** up to the boil with ½ tsp of **salt** for the **pasta**. Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **beef mince** and cook until browned, 4-5 mins. Break it up with a wooden spoon as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Season with **salt** and **pepper**.



4. Meanwhile....

Meanwhile, finely chop the **chives** (or snip with scissors if easier!) then get some washing up out of the way!



2. Cook the Sauce

Meanwhile, trim the **carrot** (no need to peel) and grate on the coarse side of your grater. Add the **penne** to the boiling **water** and cook for 12 mins. When cooked, drain in a colander, pop back in the pan and drizzle with a little **oil** to stop it sticking together. Once browned, add the **carrots** to the **beef mince**, stir together then add the **tomato puree**. Cook, stirring, for another minute.



5. Bake

Once thickened, stir the **sauce** and **pasta** together along with **half** of the **chives** (use whichever pan is the largest!) and transfer to a large deep ovenproof dish. Drain the **mozzarella** and tear into pieces. Scatter over the top of the **pasta**, then sprinkle over the **hard Italian style cheese**. Bake until the **cheese** is melted and bubbly, 8-10 mins.



3. Simmer the Sauce

Pour the **finely chopped tomatoes** into the pan with the **mince** along with the **red wine stock pot** and **water** (see ingredients for amount), bring to the boil, stirring to dissolve the **stock pot** then reduce the heat and simmer until thick and tomatoey, 10-12 mins. Season to taste with **salt** and **pepper** if needed.



6. Serve

Serve the **penne bake**, sprinkled with the remaining **chopped chives**.

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.