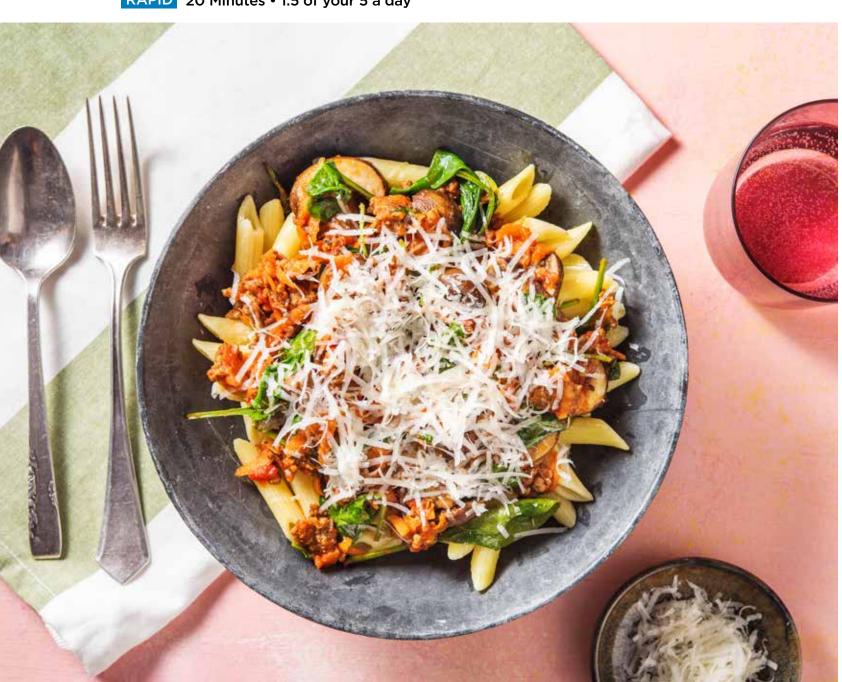


# Superquick Beef Ragu

with Penne Pasta and Spinach

RAPID 20 Minutes • 1.5 of your 5 a day









**Beef Mince** 

Closed Cup Mushrooms







Italian Herbs

Carrot





**Worcester Sauce** 



Finely Chopped Tomatoes with Garlic & Onion



Red Wine Stock Pot



Penne



Baby Spinach



Italian Style Grated Hard Cheese

# Before you start

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

#### Basic cooking tools, you will need:

Saucepan, Frying Pan, Coarse Grater and Colander.

#### Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Carrot**	1	2	2
Italian Herbs	½ pot	¾ pot	1 pot
Worcester Sauce 13)	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot <b>14</b> )	1 pot	1½ pot	2 pots
Penne 13)	200g	300g	400g
Baby Spinach**	1 small bag	1 small bag	1 large bag
Italian Style Grated Hard Cheese <b>7)</b> <b>8)</b> **	1 pack	1½ packs	2 packs

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	3481 /832	539/129
Fat (g)	26	4
Sat. Fat (g)	12	2
Carbohydrate (g)	97	15
Sugars (g)	23	4
Protein (g)	49	8
Salt (g)	4.29	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

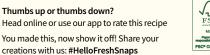
7) Milk 8) Egg 13) Gluten 14) Sulphites

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



# 1. Frv the Mince

- a) Bring a large saucepan of water to the boil with ½ tsp of salt for the pasta.
- **b)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- c) When hot, add the beef mince and fry, breaking it up with a wooden spoon, until browned, 4-5 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



# 2. Get Prepped

- a) Meanwhile, roughly chop the mushrooms.
- b) Trim and coarsely grate the carrot (no need to peel).
- c) When the beef is browned, stir in the Italian herbs, mushrooms and carrot.
- d) Cook for another 2 mins.



## 3. Cook the Sauce

- a) Stir in the Worcester sauce and simmer until evaporated.
- b) Stir in the finely chopped tomatoes and red wine stock pot.
- c) Bring to the boil then reduce the heat and simmer until thick and tomatoey, 4-5 mins, stirring occasionally.



## 4. Cook the Pasta

- a) Add the penne to your pan of boiling water and cook until tender, 12 mins.
- **b)** Once cooked, drain in a colander.



# 5. Stir in the Spinach

- a) Stir the spinach through the sauce a handful at a time until wilted.
- b) Add the cooked pasta and stir to combine. TIP: Add a splash of water if your sauce needs loosening!



## 6. Finish and Serve

a) Season to taste with salt and pepper then serve the penne ragu in bowls sprinkled with the hard Italian 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.