



Super Quick Beef Ragu with Baby Spinach and Penne Pasta

Rapid 20 Minutes • 1.5 of your 5 a day

12



Beef Mince



Closed Cup Mushrooms



Carrot



Italian Herbs



Worcester Sauce



Finely Chopped Tomatoes



Red Wine Stock Pot



Penne Pasta



Baby Spinach



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:

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 pots	1 pots
Worcester Sauce 13)	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot 14)	1 pot	1 pot	2 pots
Penne Pasta13)	200g	300g	400g
Baby Spinach**	1 small bag	1 large bag	2 small bags
Grated Hard Italian Style Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	633g	100g
Energy (kJ/kcal)	3406/814	538/129
Fat (g)	25	4
Sat. Fat (g)	11	2
Carbohydrate (g)	95	15
Sugars (g)	20	3
Protein (g)	48	8
Salt (g)	2.95	0.47

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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Fry 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.*



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.



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.



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.



Stir in the Spinach

a) Stir the **spinach** through the **sauce** a handful at a time until it's wilted.

b) Add the cooked **pasta** and stir to combine.

TIP: *Add a splash of water if your sauce needs loosening!*



Finish and Serve

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