



# Super Quick Beef Ragu with Penne, Spinach and Cheese

**Rapid** 20 Minutes • 2 of your 5 a day

2



Beef Mince



Carrot



Closed Cup Mushrooms



Italian Herbs



Worcester Sauce



Finely Chopped  
Tomatoes with  
Onion and Garlic



Red Wine Stock Paste



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, Wooden Spoon, Grater, Colander, Bowl.

## Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Carrot**	1	2	2
Closed Cup Mushrooms**	150g	225g	300g
Italian Herbs	1 pot	1½ pots	1½ pots
Worcester Sauce <b>13)</b>	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	1 sachet	1 sachet	2 sachets
Penne Pasta <b>13)</b>	180g	270g	360g
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	65g	80g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>687g</b>	<b>100g</b>
Energy (kJ/kcal)	3396/ 812	494/ 118
Fat (g)	26	4
Sat. Fat (g)	12	2
Carbohydrate (g)	91	14
Sugars (g)	23	3
Protein (g)	50	7
Salt (g)	4.90	0.71

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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HelloFresh UK

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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 the **oil** is hot, add the **beef mince** and cook until browned, 4-5 mins. **IMPORTANT:** *Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.*



### Add the Veggies

**a)** Meanwhile, trim and coarsely grate the **carrot** (no need to peel). Thinly slice the **mushrooms**.

**b)** Once the **beef** is browned, drain and discard any excess fat. Stir in the **Italian herbs, mushrooms and carrot**.

**c)** 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 paste**.

**c)** Bring to the boil then reduce the heat and simmer until thick, 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 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 **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.