

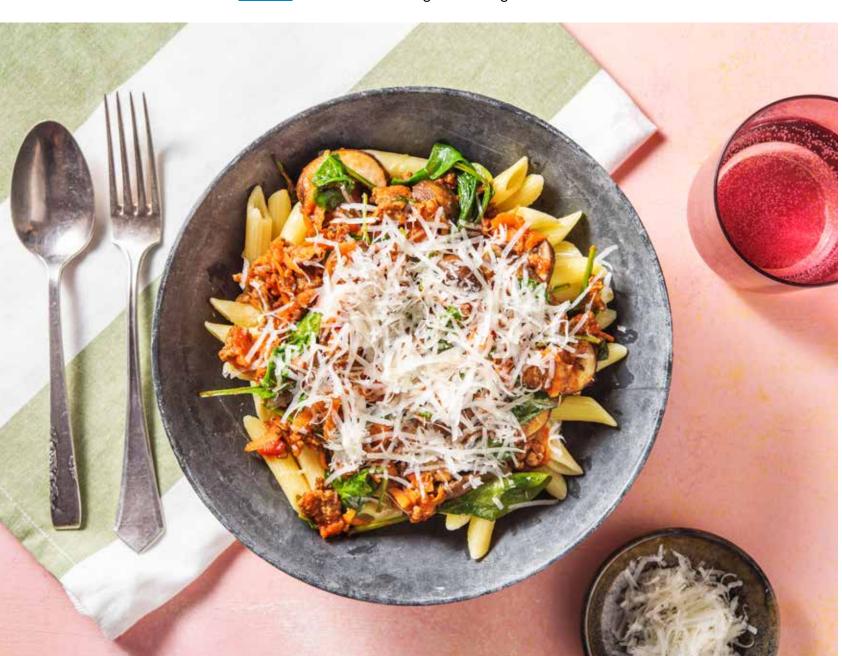
Super Quick Beef Ragu

with Penne, Spinach and Cheese



20 Minutes • 2 of your 5 a day











Closed Cup Mushrooms



Italian Herbs





Finely Chopped Tomatoes with

Onion and Garlic

Worcester Sauce



Red Wine Stock Paste





Baby Spinach



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan, Frying Pan, Wooden Spoon, Grater, Colander,

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 13)	1 sachet	1 sachet	2 sachets	
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons	
Red Wine Stock Paste 14)	1 sachet	1 sachet	2 sachets	
Penne Pasta 13)	180g	270g	360g	
Baby Spinach**	100g	150g	200g	
Grated Hard Italian Style Cheese 7) 8) **	40g	65g	80g	

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	687g	100g
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 1/2 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.

Enjou!

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.