



# Super Quick Penne Beef Ragu with Mushrooms, Spinach and Cheese

**Rapid** 20 Minutes • 1 of your 5 a day

13



Beef Mince



Penne Pasta



Italian Style Herbs



Sliced Mushrooms



Worcester Sauce



Tomato Passata



Sun-Dried  
Tomato Paste



Red Wine Jus Paste



Baby Spinach



Grated Hard Italian  
Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, frying pan, bowl and colander.

## Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Penne Pasta <b>13)</b>	180g	270g	360g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Sliced Mushrooms**	120g	180g	240g
Worcester Sauce <b>13)</b>	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Red Wine Jus Paste <b>10) 14)</b>	15g	22g	30g
Baby Spinach**	40g	80g	80g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	3175 / 759	722 / 173
Fat (g)	26.8	6.1
Sat. Fat (g)	12.4	2.8
Carbohydrate (g)	79.2	18.0
Sugars (g)	12.0	2.7
Protein (g)	47.8	10.9
Salt (g)	2.22	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten  
**14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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### Brown the Mince

**a)** Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

**b)** Heat a large frying pan on medium-high heat (no oil).

**c)** Once hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.*



### Simmer the Sauce

**a)** Stir in the **Worcester sauce** and simmer until evaporated, 30 secs.

**b)** Stir in the **passata**, **sun-dried tomato paste**, **sugar for the sauce** (see ingredients for amount) and **red wine jus paste**.

**c)** Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins, stirring occasionally.



### Cook the Pasta

**a)** Meanwhile, add the **penne** to your pan of **boiling water** and bring back to the boil.

**b)** Cook until tender, 12 mins.



### Add the Spinach

**a)** Stir the **spinach** through the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.

**b)** When the **pasta** is cooked, drain in a colander, then add to the **sauce**.

**c)** Stir through **three quarters** of the **cheese** until combined. Add a splash of **water** if your **sauce** needs loosening.



### Mushroom Time

**a)** Once the **beef** is browned, drain and discard any excess fat.

**b)** Stir in the **Italian style herbs** and **mushrooms** and cook for another 2 mins.



### Serve

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

**b)** Sprinkle with the remaining **cheese**.

### Enjoy!