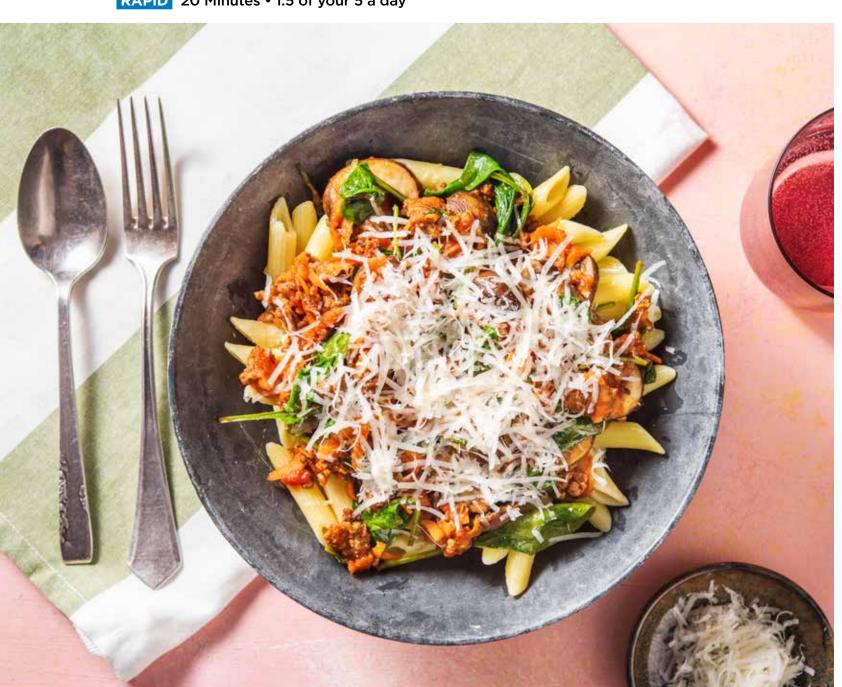


Superquick Beef Ragu

with Penne Pasta and Spinach

RAPID 20 Minutes • 1.5 of your 5 a day









Chestnut Mushrooms

Beef Mince



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:

Large Saucepan, Large Frying Pan, Coarse Grater and Colander.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Chestnut Mushrooms**	1 small pack	1 large pack	2 small packs
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 14)	1 pot	1½ pots	2 pots
Penne 13)	200g	300g	400g
Baby Spinach**	1 small bag	1 large bag	1 large bag
Italian Style Grated Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	645g	100g
Energy (kJ/kcal)	3504 /838	543 /130
Fat (g)	26	4
Sat. Fat (g)	12	2
Carbohydrate (g)	98	15
Sugars (g)	23	4
Protein (g)	50	8
Salt (g)	4.45	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

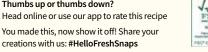
7) Milk 8) Egg 13) Gluten 14) Sulphites

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

- 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 style grated 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.