



# Super Quick Beef Ragu with Penne

**Rapid** 20 Minutes • 1.5 of your 5 a day

12



Beef Mince



Closed Cup Mushrooms



Carrot



Italian Herbs



Worcester Sauce



Finely Chopped  
Tomatoes with  
Onion and Garlic



Red Wine  
Stock Paste



Penne



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, Chopping Board, Sharp Knife 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 pot          | 1 pot           |
| Worcester Sauce 13)                           | ½ sachet       | ¾ sachet       | 1 sachet        |
| 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 13)                                     | 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)        | 3487/834    | 551/132  |
| Fat (g)                 | 27          | 4        |
| Sat. Fat (g)            | 12          | 2        |
| Carbohydrate (g)        | 98          | 16       |
| Sugars (g)              | 23          | 4        |
| Protein (g)             | 49          | 8        |
| Salt (g)                | 4.32        | 0.68     |

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

Packed in the UK

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You can recycle me!



### Fry the Mince

a) Bring a large saucepan of **water** to the boil with 0.5 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. **TIP:** Drain any excess fat from the pan once the mince has browned.



### 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 paste**.

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.

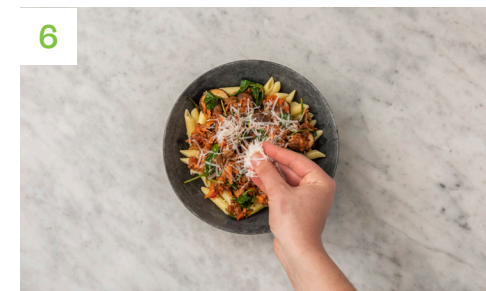
b) Once cooked, drain in a colander.



### Stir in the Spinach

a) Stir the **spinach** through the **sauce** a handful at a time until 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.

