



Super Speedy Beef Ragu with Fusilli

Rapid 20 Minutes • 1 of your 5 a day

12



Beef Mince



Carrot



Italian Herbs



Sliced Mushrooms



Worcester Sauce



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine Stock Paste



Fusilli 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
Italian Herbs	½ pot	¾ pot	1 pot
Sliced Mushrooms**	120g	180g	240g
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 pot	1 pot	2 pots
Fusilli Pasta (13)	200g	300g	400g
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese (7) (8)**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	618g	100g
Energy (kJ/kcal)	3500/836	566/135
Fat (g)	27	4
Sat. Fat (g)	12	2
Carbohydrate (g)	98	16
Sugars (g)	22	4
Protein (g)	49	8
Salt (g)	4.32	0.70

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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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 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.*



Get Prepped

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

b) When the **beef** is browned, 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 and tomatoey, 4-5 mins, stirring occasionally.



Cook the Pasta

a) Add the **fusilli** 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 **fusilli 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.