



VENISON RAGU

with Basmati Rice and Kale



BALANCED RECIPE



HELLO KALE

Kale is a leafy green vegetable which is high in Vitamin C and vitamin K. However in order to obtain the most nutrients from the leafy green, it is best to eat it raw or steamed, in order to minimise the amount of nutrients which are lost by the cooking process.



Venison Mince



Finely Chopped Tomatoes with Basil



Kale



Onion



Basmati Rice



Italian Style Herbs



Carrot



Garlic Clove



Spring Onion



Chicken Stock Powder

MEAL BAG

35 mins

Balanced

2 of your 5 a day

Under 550 calories

Low in fat

High Protein

Lean, rich and mildly gamey, our venison ragu is a delicious recipe for a quick and healthy dinner. Ragu is commonly served with pasta but to keep this dish light, we've served it with rice to leave you feeling full and satisfied. Simmered on medium heat until the ragu is saucy and thick, the flavours in this recipe are pretty unbeatable. Finish off with a sprinkling of fresh spring onion and you're good to go.

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan, Measuring Jug, Large Saucepan** (with a **Lid**) and **Fine Grater** (or **Garlic Press**). Now let's get cooking!



1 GET STARTED

Heat a splash of **oil** in a frying pan on medium-high heat. When hot, add the **venison mince** and cook until browned, 5 mins. Break it up with a wooden spoon as it cooks.



2 COOK THE RICE

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



3 DO THE PREP

Halve, peel and chop the **onion** into small pieces. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **spring onion** then slice thinly. Stir the **onion, carrot** and **Italian style herbs** into the **venison**.



4 SIMMER THE SAUCE

Lower the heat to medium and cook the **onion** and **carrot** until soft, 4-5 mins then add the **garlic** and cook for 1 minute more. Stir in the **stock powder, finely chopped tomatoes** and **water** for the sauce (see ingredients for amount) and bring to the boil. Season with **salt** and **pepper**, lower the heat to medium and simmer until the **sauce** has thickened and reduced by half, 15-20 mins. Stir the **kale** through for the final 5 mins. **! IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



5 FINISH OFF

When the **venison ragu** is ready, remove from the heat and season to taste with **pepper**. Fluff up the **rice** with a fork, then stir through **half** the **spring onion**. Season with **salt** and **pepper** to taste. Get ready to serve!



6 SERVE!

Share the **rice** between your bowls and top with the **meaty venison ragu**. Finish with a sprinkling of remaining **spring onion** and tuck in. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|------------------------------------|-------------|-------------|-------------|
| Venison Mince * | 200g | 300g | 400g |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Basmati Rice | 150g | 225g | 300g |
| Onion * | 1 | 1 | 2 |
| Carrot * | 1 | 2 | 2 |
| Garlic Clove * | 1 | 1 | 2 |
| Spring Onion * | 1 | 2 | 3 |
| Italian Style Herbs | ½ pot | ¾ pot | 1 pot |
| Chicken Stock Powder | ½ sachet | ¾ sachet | 1 sachet |
| Finely Chopped Tomatoes with Basil | 1 carton | 1½ cartons | 2 cartons |
| Water for the Sauce* | 250ml | 375ml | 500ml |
| Kale * | 1 small bag | ¾ large bag | 1 large bag |

*Not Included

* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 560G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kJ/kcal) | 2261 / 541 | 404 / 97 |
| Fat (g) | 4 | 1 |
| Sat. Fat (g) | 1 | 1 |
| Carbohydrate (g) | 84 | 15 |
| Sugars (g) | 20 | 4 |
| Protein (g) | 40 | 7 |
| Salt (g) | 2.49 | 0.44 |

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH