



# Baked Beef & Gnocchi Ragu with Roasted Peppers

**Family** Hands On Time: 20 Minutes • Total Time: 45 Minutes • 1.5 of your 5 a day

8



Gnocchi



Onion



Carrot



Bell Pepper



Garlic Clove



Beef Mince



Red Wine Stock Pot



Finely Chopped  
Tomatoes with  
Onion & Garlic



Cheddar Cheese



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:

Fine Grater (or Garlic Press), Baking Tray, Frying Pan, Coarse grater and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Gnocchi <b>13</b>	300g	500g	600g
Onion**	1	1	2
Carrot**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Beef Mince**	240g	360g	480g
Red Wine Stock Pot <b>14</b>	1 pot	1 pot	2 pots
Finely Chopped Tomatoes with Onion & Garlic	1 carton	1½ cartons	2 cartons
Cheddar Cheese <b>7</b> **	30g	45g	60g
Grated Hard Italian Style Cheese <b>7</b> <b>8</b> **	1 pack	1½ packs	2 packs

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

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	727g	100g
Energy (kJ/kcal)	3333 /797	459 /110
Fat (g)	30	4
Sat. Fat (g)	15	2
Carbohydrate (g)	85	12
Sugars (g)	28	4
Protein (g)	44	6
Salt (g)	5.23	0.72

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

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## Chop Chop

Preheat your oven to 200°C. Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, break up the **gnocchi** and add to the pan. Fry until golden, 8-10 mins. Stir every couple of minutes. Once the **gnocchi** is golden, remove to a bowl (but keep your pan, you'll need it again). Meanwhile, halve, peel and chop the **onion** into small pieces. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).



## Start the Sauce

Stir in the **red wine stock pot** and **finely chopped tomatoes**. Bring to the boil and reduce the heat to medium. Cook until slightly thickened, 5-6 mins. Once the **peppers** have roasted, stir them into the **sauce** and season to taste. **TIP:** Add a splash of water if it's thickened too much.



## Cook

Pop the **bell pepper** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** then mix to coat the **pepper**, spread evenly and roast on the top shelf of your oven until starting to char and soften, 12-15 mins.



## Grate & Bake

Meanwhile, grate the **Cheddar**. Add the **gnocchi** to the pan with the **ragu**. Stir well and pour into an ovenproof dish. Sprinkle over the **grated Cheddar** and **grated hard Italian style cheese**. Grill on the top shelf of your oven until golden brown and bubbling, 4-5 mins.



## Brown the Beef

Meanwhile, put your frying pan back on medium-high heat and add a drizzle of **oil**. When hot, add the **beef mince**, breaking it up with a spoon. Cook, stirring frequently until brown all over, 3-4 mins. Drain off any excess fat. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Once the **beef** is browned, add the **onion** and **carrot** and cook until softened, 3-4 mins. Add the **garlic** and cook for a further minute.



## Time to Serve

Once the **bake** is golden and bubbling, carefully remove from the oven. Share between your plates.

## 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.