



Beef Ragu & Carrot Noodles

with Parmesan & Balsamic Radish Salad

Grab your Meal Kit with this symbol



Garlic



Radish



Leek



Carrot Noodles



Beef Mince



Garlic & Herb Seasoning



Tomato Paste



Tomato Sugo



Mixed Salad Leaves



Grated Parmesan Cheese

Keep an eye out...

Due to recent sourcing challenges, we've replaced courgette with leek, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Carb Smart

Spiralised carrot noodles are a heavenly and carb smart alternative to heavy pastas. With a little help from tomato sugo, tender beef and sharp Parmesan, you'll be a picture of rich indulgence, all while feeling like you're floating on a cloud. Hallelujah!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
radish	2	3
leek	1	2
carrot noodles	1 medium bag	1 large bag
butter*	30g	60g
beef mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
tomato sugo	1 tin (200g)	1 tin (400g)
water*	1 cup	2 cups
mixed salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2263kJ (540Cal)	424kJ (101Cal)
Protein (g)	37.7g	7.1g
Fat, total (g)	26.8g	5g
- saturated (g)	15.6g	2.9g
Carbohydrate (g)	29.9g	5.6g
- sugars (g)	17.7g	3.3g
Sodium (mg)	1139mg	213mg
Dietary Fibre (g)	7.5g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Finely chop **garlic**. Thinly slice **radish**. Thinly slice white and light green parts of **leek**.



Make the sauce

- Wipe out frying pan, then return to a medium- high heat with a drizzle of **olive oil**. Cook **leek** until softened, **2-3 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **garlic & herb seasoning** and **tomato paste** and cook until fragrant, **1 minute**. Add **tomato sugo**, remaining **butter** and the **water** and cook until slightly thickened, **2-3 minutes**. Season to taste.



Cook the carrot noodles

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **carrot noodles** until softened, **2-3 minutes** (cook in batches if your pan is getting crowded).
- Add **garlic** and 1/2 the **butter** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



Serve up

- In a medium bowl, combine radish, **mixed salad leaves**, and a drizzle of olive oil and **balsamic vinegar**. Season to taste.
- Divide carrot noodles between bowls and top with beef ragu.
- Sprinkle with **grated Parmesan cheese**. Serve with balsamic radish salad.

Enjoy!