



# Beef Ragu Tortellini with Rocket-Pear Salad

**FRESH & FAST** Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2923kJ (698Cal) | Protein 45g | Fat, total 25.1g - saturated 11.9g | Carbohydrate 72.2g - sugars 19.8g | Sodium 2081mg  
The quantities provided above are averages only.

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2021 | WK19 | X

# Get ready

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'll need

(along with the basics)



Large Frying Pan



Medium Saucepan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
<b>Beef Mince</b>	<b>1 pkt</b>	<b>1 pkt</b>
<b>Tomato Sugo</b>	<b>1 pkt</b>	<b>1 pkt</b>
<b>Spinach &amp; Ricotta Tortellini</b>	<b>1 pkt</b>	<b>2 pkts</b>

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Silverbeet



Beef Mince



Italian Herbs



Garlic Paste



Tomato Paste



Tomato Sugo

## 2. Boil



Spinach & Ricotta Tortellini

## 3. Toss



Pear



Rocket Leaves



Balsamic Vinaigrette Dressing



Parsley

- Boil the kettle
- Roughly chop **silverbeet**
- Heat **olive oil** in a frying pan over high heat
- Cook **beef**, breaking with a spoon, until browned, **3-4 mins**
- Stir in **Italian herbs**, **garlic paste**, **tomato paste** and **silverbeet** and cook until wilted, **1-2 mins**
- Stir through **tomato sugo**. Remove from the heat

- When kettle boils, pour boiling **water** into a saucepan over high heat
- Bring to the boil, add **tortellini** and cook until al dente, **3 mins**
- Using a slotted spoon, transfer **tortellini** to frying pan and add a dash of **pasta water**
- Toss to combine and season

- Slice **pear**
- In a bowl, combine **pear**, **rocket** and **dressing** (1/2 bottle for 2P / 1 bottle for 4P). Season to taste
- Serve **tortellini** and **salad**
- Garnish with torn **parsley**

