

Beef & Veggie Ragu Spaghetti

with Garlic & Rosemary Pangrattato

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Celery



Carrot



Rosemary



Panko Breadcrumbs



Garlic & Herb Seasoning



Beef Mince



Spaghetti



Diced Tomatoes with Garlic & Olive Oil



Beef Stock Pot



Italian Herbs



Baby Spinach Leaves



Grated Parmesan Cheese

 Hands-on: 30-40 mins
Ready in: 40-50 mins

In Italian cuisine, 'ragu' is a meat-based sauce served with pasta. Tonight, we've infused this much-loved sauce with garlic, herbs and veggies to make this dish everyone will love.

Pantry items

Olive Oil, Butter, Brown Sugar, 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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown onion	1	2
celery	1 stalk	2 stalks
carrot	1	2
rosemary	1 bunch	1 bunch
panko breadcrumbs	½ packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
beef mince	1 small packet	1 medium packet
spaghetti	1 packet	2 packets
diced tomatoes with garlic & olive oil	1 tin	2 tins
butter*	30g	60g
brown sugar*	½ tsp	1 tsp
balsamic vinegar*	1 tsp	2 tsp
beef stock pot	1 tub (40g)	2 tubs (40g)
Italian herbs	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4300kJ (1027Cal)	589kJ (140Cal)
Protein (g)	52.4g	7.2g
Fat, total (g)	39.5g	5.4g
- saturated (g)	17.9g	2.5g
Carbohydrate (g)	107.8g	14.8g
- sugars (g)	25.2g	3.5g
Sodium (mg)	1782mg	244mg

Allergens

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

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



Get prepped

Bring a large saucepan of salted water to the boil. Finely chop the **garlic**, **brown onion** and **celery**. Grate the **carrot** (unpeeled). Pick and finely chop the **rosemary**. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **panko breadcrumbs** (see ingredients) and toast, tossing, until golden, **2-3 minutes**. Add the **rosemary** and 1/3 of the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl.



Finish the ragu

Add the **diced tomatoes with garlic & olive oil**, **butter**, **brown sugar**, **balsamic vinegar**, reserved **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), **beef stock pot** and **Italian herbs** to the frying pan. Stir to combine. Reduce the heat to medium and simmer until slightly thickened, **4-6 minutes**.

TIP: Add a splash more pasta water if the sauce looks dry!



Start the ragu

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion**, **celery** and **carrot** and cook until softened, **6-8 minutes**. Add the **remaining garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 mins**.



Bring it all together

Add the drained **spaghetti**, **baby spinach leaves** and **grated Parmesan cheese** to the pan. Toss to coat. Season with **salt** and **pepper**.

TIP: You can serve the ragu on top of the spaghetti if you prefer!



Cook the pasta

While the veggies are cooking, add the **spaghetti** to the saucepan of boiling water and cook until, 'al dente', **10 minutes**. Reserve some **pasta water** (3/4 cup for 2 people / 1 1/2 cups for 4 people), drain, return to the saucepan and drizzle with **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Serve up

Divide the beef and veggie ragu spaghetti between bowls. Sprinkle over the the garlic and rosemary pangrattato.

Enjoy!