



Cheat's Rosemary Lamb Ragu

with Mash & Garlic Greens

Grab your Meal Kit with this symbol



Potato



Garlic



Rosemary



Brown Onion



Carrot



Broccoli



Baby Spinach Leaves



Lamb Mince



Tomato Paste



Crushed & Sieved Tomatoes



Vegetable Stock

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

This simple yet sumptuous dish is absolute decadence from start to finish. From the rich lamb ragu infused with rosemary to the creamy mash and delightful garlic greens. Don't be too surprised if the bowls are left licked clean!

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccoli. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Milk, Butter

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	30g	60g
garlic	2 cloves	4 cloves
rosemary	½ bunch	1 bunch
brown onion	1 (medium)	1 (large)
carrot	1	2
broccoli	½ head	1 head
baby spinach leaves	1 bag (90g)	1 bag (180g)
lamb mince	1 packet	1 packet
tomato paste	1 tin	2 tins
crushed & sieved tomatoes	½ tin	1 tin
water*	2 tbs	¼ cup
vegetable stock	1 sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2440kJ (584Cal)	338kJ (81Cal)
Protein (g)	38.8g	5.4g
Fat, total (g)	22.8g	3.2g
- saturated (g)	12.9g	1.8g
Carbohydrate (g)	49.2g	6.8g
- sugars (g)	17.1g	2.4g
Sodium (g)	1240mg	171mg

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.



1. Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, the **salt** and **butter** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



4. Start the sauce

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and **carrot** and cook, stirring regularly, until softened, **4-5 minutes**. Add the **lamb mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**. Add the **tomato paste**, **rosemary** and the **remaining garlic** and cook until fragrant, **1 minute**. Add the **crushed & sieved tomatoes**, **water** and **vegetable stock** and stir to combine.



2. Get prepped

While the potato is cooking, finely chop the **garlic** (or use a garlic press). Pick and finely chop the **rosemary** leaves (**see ingredients list**). Thinly slice the **brown onion**. Grate the **carrot** (unpeeled). Cut the **broccoli** (**see ingredients list**) into small florets, then roughly chop the stalk.



5. Finish the sauce

Bring the sauce to the boil, then reduce the heat to medium-low and simmer until thickened, **4-5 minutes**. Season to taste with **salt** and **pepper**.

TIP: *If the sauce is too thick, stir through a dash of water.*



3. Cook the garlic greens

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **broccoli** and a **splash** of **water** and cook until tender, **5-6 minutes**. Add **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **baby spinach leaves** and cook until just wilted, **2 minutes**. Transfer to a bowl and season with **salt** and **pepper** to taste. Cover to keep warm.



6. Serve up

Divide the mashed potato, garlic greens and rosemary lamb ragu between plates. Spoon over any remaining sauce from the pan.

Enjoy!