



# ITALIAN BEEF RAGU & GNOCCHI

with Parmesan Cheese



Fry gnocchi for a crisp finish



Red Onion



Celery



Carrot



Parsley



Thyme



Garlic



Italian Herbs



Beef Mince



Tomato Paste



Crushed Tomatoes



Beef Stock



Gnocchi



Shaved Parmesan Cheese

Hands-on: 30 mins  
Ready in: 45mins

This sumptuous pasta is absolute decadence in a bowl. From rich ragu to pillowy gnocchi, you may have to throw dice for the leftovers! And get ready to learn our favourite technique for gnocchi - with no pre-boiling required you'll fry them into delicious golden morsels.

**Pantry Staples:** Olive Oil, Balsamic Vinegar, Brown Sugar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan** • **large frying pan**



### 1 GET PREPPED

Finely chop the **red onion** and **celery**. Finely chop or grate the **carrot** (unpeeled). Pick the **thyme** leaves. Finely chop the **garlic** (or use a garlic press). Roughly chop the **parsley** leaves.



### 2 COOK THE VEGGIES

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **red onion, celery and carrot** and cook, stirring, for **5 minutes**, or until softened. Add the **thyme, garlic and Italian herbs** and cook for **1 minute**, or until fragrant.



### 3 COOK THE BEEF RAGU

Add the **beef mince** to the same pan and cook, breaking up with a wooden spoon, for **4 minutes**, or until browned. Add the **tomato paste, balsamic vinegar, brown sugar, crushed tomatoes, water** and crumble in the **beef stock (1 cube for 2 people / 2 cubes for 4 people)**. Simmer for **10 minutes**, or until thickened. Season with a **pinch of salt and pepper**.



### 4 FRY THE GNOCCHI

While the beef is cooking, heat a **generous drizzle** of **olive oil** in a large frying pan over medium-high heat. Once hot, add the **gnocchi (see ingredients list)** in a single layer and fry, tossing occasionally, for **6-8 minutes**, or until golden. Season with a **pinch of salt and pepper**. Transfer to a plate lined with paper towel to drain. **TIP:** *If the gnocchi doesn't fit in a single layer, fry in batches so it becomes golden, adding extra olive oil if necessary.*



### 5 TOSS EVERYTHING TOGETHER

Add the gnocchi to the beef mixture and toss to coat. **TIP:** *Add a splash more water to loosen the sauce, if you like!*



### 6 SERVE UP

Divide the Italian beef & thyme gnocchi between bowls. Sprinkle with the **shaved Parmesan cheese (see ingredients list)** and parsley.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
celery	1 stalk	2 stalks
carrot	1	2
parsley	1 bunch	1 bunch
thyme	1 bunch	1 bunch
garlic	2 cloves	4 cloves
Italian herbs	1 sachet	2 sachets
beef mince	1 packet	1 packet
tomato paste	1 sachet	2 sachets
balsamic vinegar*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
crushed tomatoes	1 tin	2 tins
water*	¼ cup	½ cup
beef stock	1 cube	2 cubes
gnocchi	¾ packet	1½ packets
shaved Parmesan cheese	½ packet	¾ packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2990kJ (715Cal)	382kJ (91Cal)
Protein (g)	51.6g	6.6g
Fat, total (g)	15.6g	2.0g
- saturated (g)	7.5g	1.0g
Carbohydrate (g)	85.8g	10.9g
- sugars (g)	18.8g	2.4g
Sodium (g)	1750mg	223mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

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