



Penne Beef Ragu with Cheesy Garlic Bread

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

13



-  Penne Pasta
-  Beef Mince
-  Garlic Clove
-  Carrot
-  Tomato Puree
-  Red Wine Stock Paste
-  Finely Chopped Tomatoes with Onion and Garlic
-  Italian Style Herbs
-  Chilli Flakes
-  Monterey Jack Cheese
-  Chives
-  Ciabatta

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, colander, frying pan, garlic press, grater and baking tray.

Ingredients

	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Carrot**	1	1	2
Tomato Puree	1 sachet	1½ sachets	2 sachets
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Water for the Ragu*	100ml	150ml	200ml
Monterey Jack Cheese** 7)	30g	60g	60g
Chives**	1 bunch	1 bunch	1 bunch
Ciabatta 13)	1	1½	2
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	557g	100g
Energy (kJ/kcal)	3844 /919	691 /165
Fat (g)	32.0	5.8
Sat. Fat (g)	12.5	2.2
Carbohydrate (g)	109.9	19.7
Sugars (g)	22.8	4.1
Protein (g)	46.3	8.3
Salt (g)	4.71	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Pasta

- Preheat your grill to high. Fill and boil your kettle.
- Pour the **boiled water** into a large saucepan on a high heat with **½ tsp salt**.
- Add the **penne** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Finish the Prep

- About 5 mins before everything is ready, grate the **Monterey Jack cheese**.
- Roughly chop the **chives** (use scissors if easier).



Brown the Beef

- While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw meat.
- While the **beef** cooks, peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, then coarsely grate (no need to peel).
- Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**.



Make the Garlic Bread

- Halve the **ciabatta** and lay onto a baking tray, cut-side up.
- Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see ingredients for amount).
- Sprinkle over the **cheese** and grill on the top shelf of your oven until golden brown, 2-3 mins. **TIP:** Watch it carefully as it can burn easily.



Make the Sauce

- Once the **beef** has browned, add the **carrot** and **half** the **garlic**. Cook until the **carrot** has softened, 2-3 mins, stirring frequently.
- Add the **tomato puree**, **red wine stock paste**, **finely chopped tomatoes**, **Italian style herbs**, a pinch of **chilli flakes** (use more if you like heat) and the **water for the ragu** (see ingredients for amount).
- Bring to a boil, then reduce to a simmer. Cook, stirring occasionally, until thickened, 10-12 mins. **IMPORTANT:** The beef is cooked when no longer pink in the middle.



Finish and Serve

- Once everything is ready, taste and season the **beef ragu** if needed.
- Combine the **ragu** and the **penne** (reheat the **ragu** first if needed).
- Share the **penne ragu** between your bowls.
- Sprinkle over the **chives** and serve with the **cheesy garlic bread**.

Enjoy!