



# Penne Beef Ragu with Cheesy Garlic Bread

**RAPID** 20 Minutes • Little Heat

2



-  Penne Pasta
-  Beef Mince
-  Garlic Clove
-  Beef Stock Powder
-  Finely Chopped Tomatoes with Basil
-  Chilli Flakes
-  Balsamic Vinegar
-  Rocket
-  Cheddar Cheese
-  Ciabatta

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Colander, Frying Pan, Fine Grater (or Garlic press) and Measuring Jug.

## Ingredients

	2P	3P	4P
Penne Pasta <b>13)</b>	200g	300g	400g
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Chilli Flakes	a pinch	a pinch	a pinch
Balsamic Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Rocket**	20g	40g	40g
Cheddar Cheese <b>7)**</b>	30g	45g	60g
Ciabatta <b>11) 13)</b>	1	2	2
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Water for the Ragu*	100 ml	150 ml	200 ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	499g	100g
Energy (kJ/kcal)	3870 / 925	775 / 185
Fat (g)	32	6
Sat. Fat (g)	12	2
Carbohydrate (g)	109	22
Sugars (g)	17	3
Protein (g)	49	10
Salt (g)	3.41	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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You can recycle me!



## Cook the Pasta

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



## Start the Salad

- In a medium bowl, combine the **balsamic vinegar**, **oil** ( see ingredients for amount) and a pinch of **sugar** (if you have any).
- Mix together and pop the **rocket** on top. Don't dress the **salad** yet, we will do this before serving.



## Cook the Beef

- Meanwhile, heat a drizzle of **oil** in a frying pan on a medium high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins.
- Use a wooden spoon to break it up as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.
- Whilst the **beef** cooks, peel and grate the **garlic** (or use a **garlic** press).



## Make Garlic Bread

- When everything has roughly 4-5 minutes left, grate the **cheese**.
- Halve the **ciabattas** widthways and spread the remaining **garlic** on the cut side.
- Sprinkle over the **cheese** and grill on the top shelf of your oven until golden and brown, 2-3 mins. Watch it like a hawk as it can quickly burn



## Make the Sauce

- Once the **beef** has browned, add **half** the **garlic** and cook stirring frequently for 1 minute.
- Then add the **beef stock powder**, **finely chopped tomatoes**, a pinch of **chilli flakes** (use more if you like heat) and **water** (see ingredients for amount).
- Bring to a boil then reduce to a simmer and cook stirring occasionally until thickened, 10-12 mins.



## Finish & Serve

- Once everything is ready, taste and season the **beef** ragu and stir through the cooked **penne**, reheat if necessary. Share between your bowls.
- Toss the **rocket** in the **dressing** and serve alongside the **pasta** with the **cheesy garlic bread**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.