



Spooky Spaghetti

with Beetroot and Pork Ragu

CLASSIC 30 Minutes • 1.5 of your 5 a day • Little Heat



Onion



Cooked Beetroot



Pork Mince



Smoked Paprika



Chilli Flakes



Finely Chopped Tomatoes with Onion and Garlic



Knorr Chicken Stock Pot



Wheat Spaghetti



Flat Leaf Parsley



Cheddar Cheese



Italian Style Grated Hard Cheese

Before you start

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

Basic cooking tools, you will need:

Coarse Grater, Large Frying Pan, Large Saucepan, Measuring Jug and Ovenproof Dish.

Ingredients

	2P	3P	4P
Onion**	1	1½	2
Cooked Beetroot**	1 pack	1½ packs	2 packs
Pork Mince**	250g	375g	500g
Smoked Paprika	1 smal pot	¾ large pot	1 large pot
Chilli Flakes	a pinch	a pinch	a pinch
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for the Ragu*	150ml	225ml	300ml
Knorr Chicken Stock Pot	1	1½	2
Wheat Spaghetti (13)	200g	300g	400g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cheddar Cheese (7)**	1 block	2 blocks	2 blocks
Italian Style Grated Hard Cheese (7)	1 pack	1 pack	2 packs
8)**			

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	673g	100g
Energy (kJ/kcal)	3686/881	547/131
Fat (g)	25	4
Sat. Fat (g)	12	2
Carbohydrate (g)	103	15
Sugars (g)	29	4
Protein (g)	55	8
Salt (g)	4.95	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Wheat Spaghetti Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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Packed in the UK



1. Get Prepared

Fill and boil your kettle, we will use it for the wheat pasta later. Halve, peel and thinly slice the **onion**. Coarsely grate the **beetroot**. **TIP:** Wear *rubber gloves to prevent staining your hands!*



4. Cook the Wheat Pasta

Pop the **wheat spaghetti** into the saucepan. Stir and boil for 8 mins then drain into a colander. Return to the pan off the heat, drizzle with a little **oil** and season with a pinch of **salt** and **pepper**. Turn your grill on to high.



2. Cook the Vegetables

Heat a splash of **oil** in a large frying pan on high heat. Once hot, pop the **onion** and **pork mince** into the pan. Season with **salt** and **pepper**. Cook until the **mince** is beginning to brown and the **onion** starting to soften, 3-5 mins, breaking up the **pork mince** with a wooden spoon as it cooks. Pour the boiled **water** into a large saucepan with a good pinch of **salt**. Bring back to the boil on high heat.



5. Hubble Bubble...

Meanwhile, roughly chop the **parsley** (stalks and all). Grate the **cheddar cheese**. Once the **sauce** is nice and thick, mix in **half** the **parsley**, taste and season with **salt** and **pepper** if necessary. Add the **wheat spaghetti** to the **sauce** and stir to combine. Transfer the **saucy wheat pasta** into an ovenproof dish and sprinkle over both the **cheeses** and the remaining **parsley**. Pop under the grill until the **cheese** has melted and the top is turning golden, 3-5 mins.



3. Spooky Sauce Time

Add the **smoked paprika** and a pinch of **chilli flakes** (careful they're hot!) to the **pork** as it cooks. Mix well and cook for 30 seconds. Stir in the **grated beetroot**, **chopped tomatoes**, **water** for the ragu (see ingredients for amount) and the **Knorr chicken stock pot**. Bring to the boil, stir to dissolve the **stock pot** then reduce the heat to simmer until the **sauce** has thickened, 8 - 10 mins. **IMPORTANT:** The pork is cooked when it is no longer pink in the middle.



6. Dish Up!

Once your **spooky spaghetti bake** is out of the oven, serve into big bowls and dig in!

HAPPY HALLOWEEN!

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