



Super Quick Beef Ragu with Penne, Spinach and Cheese

Rapid 20 Minutes • 1 of your 5 a day

13



Beef Mince



Penne Pasta



Closed Cup Mushrooms



Provencal Herbs



Worcester Sauce



Finely Chopped Tomatoes



Red Wine Jus Paste



Baby Spinach



Grated Hard Italian Style Cheese

Pantry Items
Sugar

Before you start

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

Cooking tools

Saucepan, frying pan, colander and bowl.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Penne Pasta 13)	180g	270g	360g
Closed Cup Mushrooms**	150g	225g	300g
Provencal Herbs	1 sachet	1 sachet	2 sachets
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	2 cartons	2 cartons
Sugar*	1 tsp	1½ tsp	2 tsp
Red Wine Jus Paste 10) 14)	15g	22g	30g
Baby Spinach**	100g	100g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	617g	100g
Energy (kJ/kcal)	3253 / 778	527 / 126
Fat (g)	27	4
Sat. Fat (g)	12	2
Carbohydrate (g)	81	13
Sugars (g)	15	2
Protein (g)	49	8
Salt (g)	2.06	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) 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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Brown the Mince

- Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.*



Simmer the Sauce

- Stir in the **Worcester sauce** and simmer until evaporated.
- Stir in the **finely chopped tomatoes**, **sugar** (see ingredients for amount) and **red wine jus paste**.
- Bring to the boil, then reduce the heat and simmer until thick, 4-5 mins, stirring occasionally.



Cook the Pasta

- Meanwhile, add the **penne** to your pan of **boiling water** and bring back to the boil.
- Cook until tender, 12 mins.



Stir in the Spinach

- Stir the **spinach** through the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.
- When the **pasta** is cooked, drain in a colander, then add to the **sauce**. Stir to combine. **TIP:** *Add a splash of water if your sauce needs loosening.*



Fry the Veg

- While the **pasta** cooks, thinly slice the **mushrooms**.
- Once the **beef** is browned, drain and discard any excess fat. Stir in the **Provencal herbs** and **mushrooms**.
- Cook for another 2 mins.



Finish and Serve

- Season to taste with **salt** and **pepper**, then serve the **penne ragu** in bowls.
- Sprinkle with the **hard Italian style cheese**.

Enjoy!