



Super Quick Beef Ragu with Penne

Rapid 20 Minutes • 2 of your 5 a day

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Beef Mince



Carrot



Italian Herbs



Sliced Mushrooms



Worcester Sauce



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Paste



Penne Pasta



Baby Spinach



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools, you will need:

Saucepan, Frying Pan, Colander and Bowl.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Carrot**	1	2	2
Italian Herbs	1 sachet	1 sachet	2 sachets
Sliced Mushrooms**	120g	180g	240g
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1 sachet	2 sachets
Penne Pasta 13)	180g	270g	360g
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	622g	100g
Energy (kJ/kcal)	3392 /811	545 /130
Fat (g)	28	4
Sat. Fat (g)	13	2
Carbohydrate (g)	91	15
Sugars (g)	23	4
Protein (g)	47	8
Salt (g)	4.33	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 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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Packed in the UK

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You can recycle me!



Fry the Mince

a) Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **pasta**.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

c) When the **oil** is hot, add the **beef mince** and cook until browned, 4-5 mins. **IMPORTANT:** Wash your hands after handling raw meat. The mince is cooked when it is no longer pink in the middle.



Add the Veggies

a) Meanwhile, trim and coarsely grate the **carrot** (no need to peel).

b) Once the **beef** is browned, stir in the **Italian herbs, mushrooms** and **carrot**.

c) Cook for another 2 mins.



Cook the Sauce

a) Stir in the **Worcester sauce** and simmer until evaporated.

b) Stir in the **finely chopped tomatoes** and **red wine stock paste**.

c) Bring to the boil then reduce the heat and simmer until thick and tomatoey, 4-5 mins, stirring occasionally.



Cook the Pasta

a) Add the **penne** to your pan of **boiling water** and cook until tender, 12 mins.

b) Once cooked, drain in a colander.



Stir In the Spinach

a) Stir the **spinach** through the **sauce** a handful at a time until wilted.

b) Add the cooked **pasta** and stir to combine. **TIP:** Add a splash of water if your sauce needs loosening.



Finish and Serve

a) Season to taste with **salt** and **pepper** then serve the **penne ragu** in bowls sprinkled with the **hard Italian style cheese**.

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.