



Tomato-Garlic Ragu

with Spaghetti and Parmesan



HELLO SPAGHETTI

Unsurprisingly, Italy is the country that eats the most pasta. More unexpectedly, the next two are Venezuela and Tunisia!



Courgette



Yellow Pepper



Garlic Clove



Thyme



Onion



Beef Mince



Soy Sauce



Italian Herbs



Diced Tomatoes



Spaghetti



Parmesan Cheese

30 mins

3.5 of your 5 a day

Family Box

Traditionally, us Brits love the addition of a bit of Worcestershire sauce in our hotpots, pasta sauces and so on. Here at the Fresh Farm we're very taken with the idea of using soy sauce in a similar way. The savoury saltiness is a subtle but genius addition to this quick ragu. Can anyone guess your secret ingredient?

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Frying Pan**, **Large Saucepan**, **Colander** and Coarse **Grater**. Now, let's get cooking!



1 PREP THE VEGGIES

Cut the top and bottom off the **courgette**, halve lengthways then chop into 1cm cubes. Halve, then remove the core from the **yellow pepper** and chop into 1cm cubes as well.



2 PICK THE THYME

Peel and grate the **garlic** (or use a garlic press). Pick the **thyme leaves** from their stalks (discard the **stalks**). Halve, peel and chop the **onion** into roughly 1/2cm pieces.



3 START THE SAUCE

Put a splash of **oil** in a frying pan on medium heat and add the **courgette, pepper, garlic** and **onion**. Season with a pinch of **salt** and a good grind of **black pepper**. Cook until everything softens, 5 mins. Add the **beef mince**. Cook until browned, 5 mins. Use a wooden spoon to break it up as it cooks.



4 SIMMER

Once the **beef** has browned add the **soy sauce, thyme leaves** and **Italian herbs**. Cook for 1 minute more. Add the **diced tomatoes**, season with another pinch of **salt** and a few more grinds of **black pepper**. **TIP:** Add a *glug of red wine to the ragu if you have some, it will add a great depth of flavour!* Leave to simmer on medium-low heat until thickened, 15 mins.



5 COOK THE SPAGHETTI

Meanwhile, bring a large saucepan of water to the boil with a pinch of **salt**. Add the **spaghetti** to the boiling water and cook until 'al dente', about 10 mins. **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.



6 FINISH AND SERVE

Drain the **pasta** in a colander and toss it in the **ragu** before serving with plenty of grated **parmesan cheese**. **Buon appetito!**

4 PEOPLE INGREDIENTS

Courgette, chopped	2
Yellow Pepper, chopped	1
Garlic Clove, grated	4
Thyme	1 bunch
Onion, chopped	2
Beef Mince	500g
Soy Sauce ¹⁾ ⁶⁾	2 tbsps
Italian Herbs	1 1/2 tbsps
Diced Tomatoes	2 tins
Spaghetti ¹⁾	400g
Parmesan Cheese, grated ⁷⁾	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	676	101
(kJ)	2841	427
Fat (g)	11	2
Sat. Fat (g)	5	1
Carbohydrate (g)	91	14
Sugars (g)	18	3
Protein (g)	51	8
Salt (g)	3.80	0.60

ALLERGENS

¹⁾Gluten ⁶⁾Soya ⁷⁾Milk

Soy Sauce Ingredients: Water, Soybeans, Salt, Sugar, Wheat Flour, Preservative E211, Food Colouring E150d

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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