



Penne Ragu Alforno with Mozzarella and Cheese

Classic 35-40 Minutes • 3 of your 5 a day

45



Beef Mince



Carrot



Penne Pasta



Finely Chopped
Tomatoes



Red Wine
Stock Paste



Mozzarella



Grated Hard Italian
Style Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you choose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, frying pan, colander and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Carrot**	1	1	2
Penne Pasta 13)	180g	270g	360g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	28g	56g
Mozzarella** 7)	1 ball	1 ball	2 balls
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	535g	100g	579g	100g
Energy (kJ/kcal)	3534/845	661/158	4005/957	692/165
Fat (g)	32.6	6.1	41.8	7.2
Sat. Fat (g)	16.2	3.0	19.1	3.3
Carbohydrate (g)	85.1	15.9	85.0	14.7
Sugars (g)	18.6	3.5	17.7	3.1
Protein (g)	52.7	9.9	60.4	10.4
Salt (g)	3.52	0.66	4.75	0.82

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing 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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Get Frying

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Season with **salt** and **pepper**. Use a spoon to break it up as it cooks.

IMPORTANT: Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you're adding **bacon lardons**, cook them before the **mince**. Heat a drizzle of **oil** in the pan, then stir-fry the **lardons** until golden, 4-5 mins. Add the **mince** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Cheese Please

While the **ragu sauce** simmers, drain the **mozzarella** and tear into pieces.



Cook the Pasta

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

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

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Time to Bake

Once thickened, stir the **ragu sauce** and **cooked pasta** together. Transfer to a suitably sized ovenproof dish.

Scatter the **mozzarella** over the top of the **pasta**, then sprinkle over the **hard Italian style cheese**.

Bake on the top shelf of your oven until the **cheese** is melted and bubbly, 8-10 mins.



Simmer your Ragu Sauce

Once the **mince** is browned, drain and discard any excess fat. Stir in the **grated carrot** and cook, stirring frequently, for 1 min.

Stir in the **chopped tomatoes**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, stirring to combine, then lower the heat. Simmer until thickened, 10-12 mins.

Season to taste with **salt** and **pepper** if needed.

Add a splash of **water** if it's a little too thick.

IMPORTANT: The mince is cooked when no longer pink in the middle.



Serve

When ready to serve, share your **penne ragu al forno** between your bowls.

Enjoy!