

Spiced Tomato Pork Mince Ragu



with Peas, Cheese and Buttery Mash

Family 20 Minutes • Mild Spice • 2 of your 5 a day



Before you start

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

Cooking tools

Kettle, saucepan, frying pan, garlic press, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Pork Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1 carton	1 carton
Chicken Stock Paste	10g	15g	20g
Worcester Sauce 13)	15g	22g	30g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	125ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

			Ousconneoipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	563g	100g	563g	100g
Energy (kJ/kcal)	3080 /736	547/131	2854 /682	507/121
Fat (g)	39.2	7.0	32.6	5.8
Sat. Fat (g)	17.1	3.0	15.8	2.8
Carbohydrate (g)	62.3	11.1	62.0	11.0
Sugars (g)	17.1	3.0	16.9	3.0
Protein (g)	37.7	6.7	40.9	7.3
Salt (g)	2.97	0.53	3.02	0.54

Custom Reci

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

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.

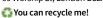
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Cook the Potatoes

a) Boil a full kettle. Chop the potatoes into 2cm chunks (peel first if you prefer).

b) Pour the boiled water into a large saucepan with 1/2 tsp salt.

c) Once boiling, add the potatoes to the water and cook until you can easily slip a knife through, 15-18 mins.



Fru the Mince

a) While the potatoes cook, heat a drizzle of oil in a large frying pan on medium-high heat.

b) Once hot, add the **pork mince**. Fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with salt and pepper. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get beef mince instead of pork, cook the recipe in the same way.



Add the Flavour

a) Meanwhile, peel and grate the garlic (or use a garlic press).

b) Once the mince is browned, add the garlic and Central American style spice mix (add less if you'd prefer things milder). Stir-fry for 30 secs.

c) Stir in the passata, chicken stock paste, Worcester sauce, sugar and water for the sauce (see pantry for both amounts).

d) Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 5-6 mins.



Mash Time

a) Once the potatoes are cooked, drain in a colander and return to the pan, off the heat.

b) Add the butter (see pantry for amount) and a splash of **milk** (if you have any) and mash until smooth.

c) Season with salt and pepper, then cover with a lid to keep warm.



Peas Please

a) Once the tomato sauce has thickened, stir through the peas.

b) Cook until piping hot, 1-2 mins.

c) Stir half the cheese into the sauce. Taste and season with **salt** and **pepper** if needed, then remove from the heat.



Serve

a) When everything's ready, serve the spiced pork ragu alongside the buttery mash.

b) Finish by scattering the remaining cheese all over.

Enjoy!

