



# Cheesy Beef Mince Ragu Stew with Mushrooms and Ciabatta Dippers

**Quick** 20-25 Minutes • 1 of your 5 a day

9



Beef and Pork Mince



Sliced Mushrooms



Ciabatta



Tomato Passata



Red Wine Stock Paste



Worcester Sauce



Mixed Herbs



Grated Hard Italian Style Cheese

#### Pantry Items

Oil, Salt, Pepper, Sugar, Tomato Ketchup, Olive Oil, Butter

## 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.

## Ingredients

Ingredients	2P	3P	4P
Beef and Pork Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Ciabatta <b>13)</b>	2	3	4
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Worcester Sauce <b>13)</b>	15g	30g	30g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
Tomato Ketchup*	1 tbsps	1½ tbsps	2 tbsps
Water for the Ragù*	75ml	120ml	150ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2967 /709	654 /156
Fat (g)	36.6	8.1
Sat. Fat (g)	13.7	3.0
Carbohydrate (g)	62.3	13.7
Sugars (g)	17.1	3.8
Protein (g)	34.5	7.6
Salt (g)	4.36	0.96

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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## Fry the Mince and Veg

Heat a drizzle of **oil** in a large saucepan on high heat.

Once hot, add the **mince** and **mushrooms**. Fry until the both have browned, 5-6 mins. Use a spoon to break up the **beef** as it cooks.

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.*



## Get Toasting

Just before the **stew** is ready, toast the **ciabatta halves** in your toaster until golden.

Drizzle some **olive oil** over the **slices**, then cut diagonally into triangles.



## Ciabatta Time

Meanwhile, halve the **ciabattas**.



## Finishing Touches

When the **stew** has finished simmering, stir in the **butter** (see pantry for amount) until melted.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Simmer Away

When the **mince** and **mushrooms** have browned, stir in the **passata**, **red wine stock paste**, **Worcester sauce** and **mixed herbs** along with the **sugar**, **tomato ketchup** and **water for the ragù** (see pantry for all three amounts).

Bring to a boil, then reduce the heat and leave to gently simmer until the **sauce** has thickened, 6-7 mins.



## Serve Up

Share the **stew** between your serving bowls and sprinkle over the **hard Italian style cheese**.

Serve the **ciabatta** alongside for dipping.

Enjoy!