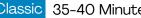


Oven-Cooked Pork Ragu and Spaghetti

with Mixed Herbs, Olives and Greek Salad Cheese



Classic 35-40 Minutes · 1 of your 5 a day











Mixed Herbs

Tomato Passata





Red Wine Stock Paste

Worcester Sauce







Spaghetti

Olives



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to swap or upgrade your 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

Ovenproof pan, garlic press, lid, saucepan and colander.

Ingredients

9						
Ingredients	2P	3P	4P			
Pork Mince**	240g	360g	480g			
Garlic Clove**	2	3	4			
Mixed Herbs	1 sachet	1 sachet	2 sachets			
Tomato Passata	1 carton	1½ cartons	2 cartons			
Red Wine Stock Paste 14)	28g	42g	56g			
Worcester Sauce 13)	15g	23g	30g			
Spaghetti 13)	180g	270g	360g			
Olives	30g	45g	60g			
Greek Style Salad Cheese** 7)	50g	75g	100g			
Beef Mince**	240g	360g	480g			
Pantry	2P	3P	4P			
Sugar*	1 tsp	1½ tsp	2 tsp			
Water for the Sauce*	100ml	150ml	200ml			
Butter*	20g	30g	40g			
*Not Included **Store in the Fridge						

Mutrition

TTGGTTGGTT			Custom Recipe	
Typical Values	Per	Per	Per	Per
	serving	100g	serving	100g
for uncooked ingredient	454g	100g	454g	100g
Energy (kJ/kcal)	3878 /927	854/204	3652 /873	805/192
Fat (g)	45.0	9.9	38.4	8.5
Sat. Fat (g)	19.3	4.2	18.0	4.0
$Carbohydrate\left(g\right)$	87.2	19.2	86.9	19.2
Sugars (g)	17.6	3.9	17.3	3.8
Protein (g)	41.6	9.2	44.9	9.9
Salt (g)	4.04	0.89	4.09	0.90

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

Allergens

7) Milk 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, cereals containing 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.

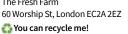
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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Meanwhile, heat a drizzle of oil in a large, wide-bottomed ovenproof pan on medium-high heat. TIP: If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before bakina.

Once hot, add the **pork mince**. Fry until the **mince** has browned, 4-5 mins.



Brown the Pork Mince

Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

When the **mince** has browned, drain and discard any excess fat. Season with salt and pepper.

CUSTOM RECIPE

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



Flavour time

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

Add the garlic and mixed herbs to the pan and fry for 30 secs.

Stir through the passata, red wine stock paste, Worcester sauce and the sugar and water for the sauce (see pantry for both amounts). Season with salt and pepper.



Bake the Ragu

Bring the **sauce** up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **meat** is tender and the sauce has thickened, 20-25 mins. IMPORTANT: The mince is cooked when no longer pink in the middle.



Cook the Pasta

When the mince has 15 mins of cooking time left, bring a large saucepan of water to the boil with ½ tsp salt for the spaghetti.

When boiling, add the spaghetti to the water and bring back to the boil. Cook until tender, 8 mins. Once cooked, drain in a colander and pop back in the pan.

Drizzle with oil and stir through to stop it sticking together.



Serve Up

When everything's ready, remove the ragu from the oven and stir through the **butter** (see pantry for amount), olives and pasta. TIP: Add a splash of water if you need to loosen the sauce.

Divide the **pasta** between your serving bowls. Crumble over the Greek style salad cheese to finish.

Enjoy!