



Oven-Cooked Pork Ragu and Spaghetti

with Mixed Herbs, Olives and Greek Salad Cheese

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

9



Pork Mince



Garlic Clove



Mixed Herbs



Tomato Passata



Red Wine Stock Paste



Worcester Sauce



Spaghetti



Olives



Greek Style Salad Cheese



Beef Mince

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

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

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 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 (g)	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.

Contact

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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 baking.*

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



Bake the Ragù

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.*



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.



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.



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**.



Serve Up

When everything's ready, remove the **ragù** 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!