



Super Quick Spaghetti Beef Ragu with Italian Style Cheese

Super Quick 15 Minutes • 1 of your 5 a day

8



Beef Mince



Sliced Mushrooms



Spaghetti



Mixed Herbs



Worcester Sauce



Tomato Passata



Sun-Dried
Tomato Paste



Red Wine
Jus Paste



Grated Hard
Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

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, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Spaghetti 13	180g	270g	360g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Worcester Sauce 13	15g	15g	30g
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	25g	37g	50g
Red Wine Jus Paste 10 14	15g	22g	30g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3137 / 750	775 / 185
Fat (g)	25.6	6.3
Sat. Fat (g)	10.7	2.6
Carbohydrate (g)	84.4	20.8
Sugars (g)	15.2	3.8
Protein (g)	45.7	11.3
Salt (g)	2.37	0.59

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

Allergens

7) Milk **8**) Egg **10**) Celery **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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1



Fry Time

- Boil a full kettle.
- While it boils, heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **mince** and **sliced mushrooms**, 5-6 mins.
- Break up the **mince** as it cooks. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

3



Simmer Away

- Once the **beef** has browned, drain the fat.
- Stir in the **mixed herbs** and **Worcester sauce**. Simmer, 30 secs.
- Stir in the **passata**, **sun-dried tomato paste**, **red wine jus paste** and **sugar** (see pantry). **TIP:** If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.
- Bring to the boil, then lower the heat. Simmer, stirring occasionally, 4-5 mins.

2



Hey Spaghetti

- Meanwhile, pour the **boiled water** into a saucepan with **½ tsp salt** on high heat.
- Boil the **spaghetti**, 8 mins.

4



Dinner's Ready!

- Once the **pasta** is cooked, drain and add to the **sauce**.
- Stir through **three quarters** of the **cheese**.
- Add a splash of **water** to loosen if needed. Taste and season with **salt** and **pepper**.
- Serve in bowls with the remaining **cheese** on top.

Enjoy!