

Super Quick Spaghetti Beef Ragu

with Italian Style Cheese

Super Quick 15 Minutes · 1 of your 5 a day









Sliced Mushrooms





Spaghetti







Tomato Passata

Mixed Herbs

Worcester Sauce



Sun-Dried



Grated Hard Italian Style Cheese



Jus Paste

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	Per serving	Per 100g
for uncooked ingredient	405g	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

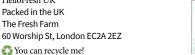
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

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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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.



Hey Spaghetti

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



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.



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!