













# Spiced Tomato Pork Mince Ragu with Peas, Cheese and Buttery Mash

**Quick** 20 Minutes • **Mild Spice** • 2 of your 5 a day

14



-  Potatoes
-  Pork Mince
-  Garlic Clove
-  Central American Style Spice Mix
-  Tomato Passata
-  Chicken Stock Paste
-  Worcester Sauce
-  Peas
-  Grated Hard Italian Style 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. Ingredients in red are hot!

## Cooking tools

Kettle, saucepan, frying pan, garlic press, colander, potato masher and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Pork Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Worcester Sauce <b>13</b>	15g	30g	30g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	30g	40g
<b>Beef Mince**</b>	<b>240g</b>	<b>360g</b>	<b>480g</b>
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	125ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	601g	100g	601g	100g
Energy (kJ/kcal)	3153 / 754	525 / 125	2927 / 700	487 / 116
Fat (g)	39.0	6.5	32.4	5.4
Sat. Fat (g)	17.1	2.8	15.8	2.6
Carbohydrate (g)	67.0	11.2	66.7	11.1
Sugars (g)	17.4	2.9	17.1	2.9
Protein (g)	37.3	6.2	40.5	6.7
Salt (g)	2.77	0.46	2.81	0.47

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

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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## Cook the Potatoes

- Boil a full kettle. Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- Pour the **boiled water** into a large saucepan with **½ tsp salt**.
- Once boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



## Mash Time

- Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- Add the **butter** (see pantry for amount) and a splash of **milk** (if you have any) and mash until smooth.
- Season with **salt** and **pepper**, then cover with a lid to keep warm.



## Get Frying

- While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pork mince**. Fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
- 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.

## CUSTOM RECIPE

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



## Peas Please

- Once the **tomato sauce** has thickened, stir through the **peas**.
- Cook until piping hot, 1-2 mins.
- Stir **half** the **hard Italian style cheese** into the **sauce**. Taste and season with **salt** and **pepper** if needed, then remove from the heat.



## Add the Flavour

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Once the **mince** is browned, add the **garlic** and **Central American style spice mix**. Stir-fry for 30 secs.
- Stir in the **passata**, **chicken stock paste**, **Worcester sauce**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 5-6 mins.



## Serve

- When everything's ready, serve the **spiced pork ragu** alongside the **buttery mash**.
- Finish by sprinkling over the remaining **cheese**.

Enjoy!