



Easy Pulled Beef Ragu and Fresh Tagliatelle with Oven-Ready Garlic Baguettes

38

3 Step Prep Prep Time: 5 Minutes • Cook Time: 20 Minutes • 1 of your 5 a day



Slow Cooked
British Beef



Tomato Passata



Red Wine Stock Paste



Worcester Sauce



Demi Garlic Baguettes



Fresh Tagliatelle



Baby Spinach



Grated Hard Italian
Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, lid and baking tray.

Ingredients

Ingredients	2P	3P	4P
Slow Cooked British Beef**	280g	420g	560g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Worcester Sauce 13)	15g	22g	30g
Demi Garlic Baguettes** 13)	2	3	4
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Baby Spinach**	40g	70g	100g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	678g	100g
Energy (kJ/kcal)	4016/960	592/141
Fat (g)	41.6	6.1
Sat. Fat (g)	17.9	2.6
Carbohydrate (g)	97.2	14.3
Sugars (g)	18.9	2.8
Protein (g)	54.7	8.1
Salt (g)	4.79	0.71

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 **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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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1



2



3



Ragu Time

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Heat a saucepan with a tight-fitting lid on medium-high heat. Add the **beef** and **juices** from the packet. Stir in the **passata**, **red wine stock paste**, **Worcester sauce**, **water** and **sugar** (see pantry for both).
- Simmer with the lid on, 10-15 mins. **IMPORTANT:** *Ensure the beef is piping hot throughout.*
- Meanwhile, place the **garlic baguettes** onto a baking tray. Bake on the middle shelf, 10-15 mins.

Add Pasta

- Once the **beef** is tender, remove the lid. Shred the **beef**. Season with **salt** and **pepper**.
- Stir in the **tagliatelle**. Simmer on low, 5-6 mins.
- Stir in the **spinach** in handfuls, **butter** (see pantry) and **half** the **cheese**, making sure it's piping hot, 1-2 mins.
- Season with **salt** and **pepper**. Add a splash of **water** if it's too thick.

Dinner's Ready!

- Share the **ragu** and **tagliatelle** between your bowls.
- Sprinkle over the remaining **cheese**.
- Serve the **garlic bread** alongside.

Enjoy!