



# Lamb and Mushroom Ragu with Penne and Cheese

Family 20 Minutes • 1 of your 5 a day

11



Lamb Mince



Garlic Clove



Penne Pasta



Sliced Mushrooms



Sun-Dried  
Tomato Paste



Tomato Passata



Mixed Herbs



Red Wine  
Stock 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, garlic press, saucepan and colander.

## Ingredients

Ingredients	2P	3P	4P
Lamb Mince**	200g	300g	400g
Garlic Clove**	1	2	2
Penne Pasta <b>13)</b>	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Sun-Dried Tomato Paste	25g	50g	50g
Tomato Passata	1 carton	1½ cartons	2 cartons
Mixed Herbs	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste <b>14)</b>	28g	56g	56g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	2739/655	652/156
Fat (g)	19.4	4.6
Sat. Fat (g)	8.7	2.1
Carbohydrate (g)	82.5	19.6
Sugars (g)	12.9	3.1
Protein (g)	36.6	8.7
Salt (g)	3.03	0.72

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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## Fry the Lamb Mince

- Boil a full kettle.
- Heat a large frying pan on high heat (no oil).
- Once hot, add the **lamb mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



## Simmer your Ragù

- Bring the **ragù** to the boil, then lower the heat and simmer until thickened, 5-6 mins.



## Pasta Time

- Pour the **boiled water** from your kettle into a large saucepan and pop on high heat.
- Add the **penne** and ½ **tsp salt** and bring back to the boil. Cook until tender, 12 mins.
- Once the **mince** has browned, drain and discard any excess fat. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Lower the heat, then add the **sliced mushrooms** and **garlic**. Fry, stirring occasionally, until the **mushrooms** have softened, 2-3 mins.



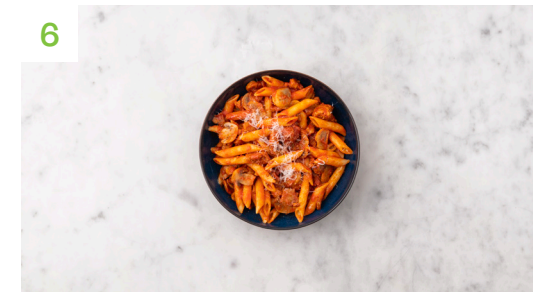
## Combine and Stir

- Once the **pasta** is cooked, drain in a colander, then add to the **lamb ragù** and combine well.
- Stir through **half the hard Italian style cheese**, adding a splash of **water** to loosen if you feel it needs it.
- Taste and season with **salt** and **pepper** if needed.



## Bring on the Sauce

- Once the **mushrooms** have softened, stir the **sun-dried tomato paste, passata, mixed herbs, red wine stock paste, sugar** and **water for the sauce** (see pantry for both amounts) into the pan.
- Season with **salt** and **pepper**.



## Serve Up

- Share the **lamb ragù penne** between your bowls.
- Top with the remaining **hard Italian style cheese** to finish.

Enjoy!