



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

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

15



Potatoes



Onion



Central American
Style Spice Mix



Red Wine Stock
Paste



Peas



Unconventional
Plant-Based
Burgers



British Pork Mince



Garlic Clove



Tomato Passata



Worcester Sauce



Grated Hard Italian
Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Make it Vegetarian

If you chose to make this recipe veggie,
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 and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
British Pork Mince**	240g	360g	480g
Onion	1	1½	2
Garlic Clove**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Worcester Sauce 13)	15g	30g	30g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Unconventional Plant-Based Burgers** 11)	2	4	4
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	680g	100g	650g	100g
Energy (kJ/kcal)	3329 /796	490 /117	2806 /671	432 /103
Fat (g)	38.6	5.7	25.2	3.9
Sat. Fat (g)	16.9	2.5	12.6	1.9
Carbohydrate (g)	78.7	11.6	84.8	13.0
Sugars (g)	24.8	3.6	25.1	3.9
Protein (g)	37.3	5.5	27.7	4.3
Salt (g)	3.65	0.50	4.58	0.71

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

Allergens

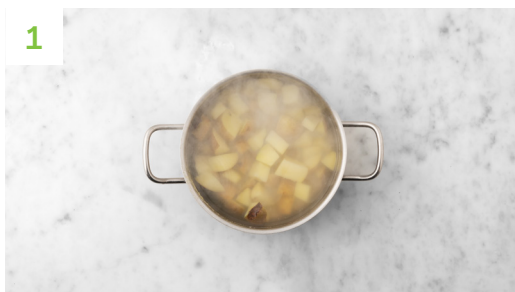
7) Milk 8) Egg 11) Soya 13) Cereals containing gluten
14) Sulphites

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.

You can recycle me!

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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.
- Meanwhile, halve, peel and chop the **onion** into small pieces.



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** and **onion**. Fry until browned, 5-6 mins. Use a spoon to break the **mince** 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.*

Make it Vegetarian

If you've chosen the veggie version, heat a large frying pan on medium-high heat with a drizzle of **oil**. Cook the **plant-based burgers** and **veg** for the same amount of time. Use a spoon to mash the **burgers** into a mince-like texture as they cook. **IMPORTANT:** *Ensure they're piping hot throughout.*



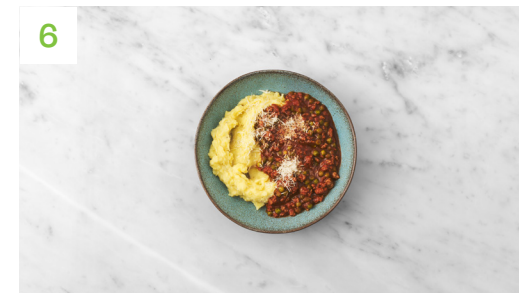
Peas Please

- 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**, **red wine 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!