



# Easy Cheesy Beef & Pork Ragu Loaded Ciabattas

with Baby Leaf and Carrot Ribbon Salad

13

**Quick** 20-25 Minutes • 1 of your 5 a day



British Beef and Pork Mince



Carrot



Mature Cheddar Cheese



Mixed Herbs



Tomato Passata



Red Wine Stock Paste



Ciabatta



Red Wine Vinegar



Baby Leaf Mix

**Pantry Items**

Oil, Salt, Pepper, Tomato Ketchup, Sugar, Olive Oil

## Before you start

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

## Cooking tools

Frying pan, peeler, grater, baking tray and bowl.

## Ingredients

Ingredients	2P	3P	4P
British Beef and Pork Mince**	240g	360g	480g
Carrot*	1	2	2
Mature Cheddar Cheese** 7)	40g	60g	80g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Red Wine Stock Paste 14)	28g	56g	56g
Ciabatta 13)	2	3	4
Red Wine Vinegar 14)	12ml	18ml	24ml
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	475g	100g
Energy (kJ/kcal)	3029 / 724	637 / 152
Fat (g)	37.0	7.8
Sat. Fat (g)	11.7	2.5
Carbohydrate (g)	63.2	13.3
Sugars (g)	18.0	3.8
Protein (g)	36.8	7.7
Salt (g)	4.10	0.86

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 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 Beef

- Heat a frying pan on medium-high heat (no oil).
- Once hot, add the **beef and pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks.
- When the **mince** has browned, 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.*



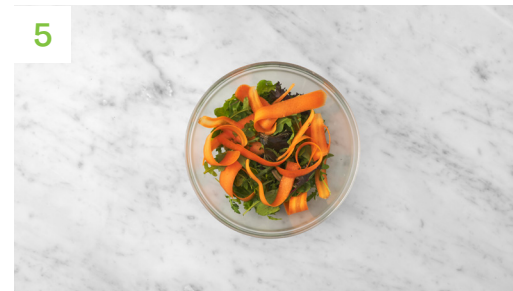
### Grill the Ciabatta

- Put your **ciabatta halves** cut-side up on a baking tray and drizzle with **olive oil**. Grill until golden, 2-3 mins.
- Once the **ragu** has thickened, taste and add **salt, pepper** and **sugar** if needed.
- Once the **ciabatta** has toasted, removed from the grill and carefully spoon the **ragu** on top of each half.
- Sprinkle over the **cheese** and grill again until the **cheese** has melted, 2-3 mins.



### Get Prepped

- While the **mince** fries, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- Grate the **cheese**.



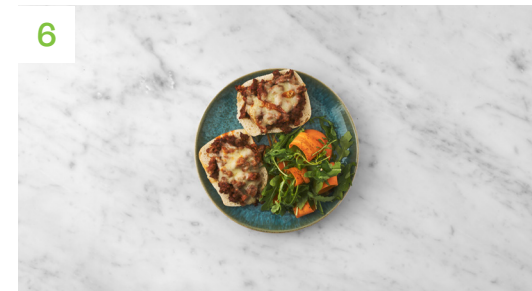
### Make the Dressing

- While the **ciabattas** are under the grill, in a large bowl, combine the **red wine vinegar, sugar** and **olive oil for the dressing** (see pantry for both amounts).
- Season with **salt** and **pepper** and mix together.
- Add the **carrot** and **baby leaves** to the **dressing** and toss to coat.



### Simmer the Ragù

- Once the **mince** is cooked, add the **mixed herbs, passata** and **red wine stock paste** along with the **ketchup, sugar** and **water for the sauce** (see pantry for all three amounts).
- Bring to the boil, then reduce the heat to medium and simmer until thickened, 4-5 mins.
- Meanwhile, preheat your grill to high.
- Halve the **ciabatta**.



### Serve Up

- Share the **loaded ciabattas** between your plates.
- Serve your **salad** alongside.

### Enjoy!