



Greek Inspired Lamb Ragu Jacky-P with Tomato and Pea Shoot Salad

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 650 Calories

27



Potatoes



Garlic Clove



Medium Tomato



Lamb Mince



Ground Cinnamon



Tomato Passata



Chicken Stock Paste



Greek Style Salad Cheese



Red Wine Vinegar



Pea Shoots

Pantry Items

Oil, Salt, Pepper, 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

Baking tray, garlic press, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Medium Tomato	1	2	2
Lamb Mince**	200g	300g	400g
Ground Cinnamon	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Greek Style Salad Cheese** 7)	50g	75g	100g
Red Wine Vinegar 14)	12g	18g	24g
Pea Shoots**	40g	60g	80g

Pantry	2P	3P	4P
Water for the Ragù*	100ml	150ml	200ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	551g 2216 /530	100g 402 /96
Fat (g)	24.0	4.3
Sat. Fat (g)	10.6	1.9
Carbohydrate (g)	51.5	9.3
Sugars (g)	8.7	1.6
Protein (g)	31.0	5.6
Salt (g)	2.37	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

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

Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 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, milk, egg, mustard, celery, soya, 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.

Contact

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1 Prep the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Rub the **oil** over the **potatoes**, then lay them cut-side down on the baking tray.



2 Get Roasting

Roast the **potatoes** on the top shelf of your oven until tender and a knife slips in easily, 30-40 mins.

TIP: Alternatively, if you have a microwave, you can speed things up. Halve the potatoes lengthways, then prick them all over with a fork. Pop them in your microwave on high until tender, 15-20 mins.



3 Brown the Mince

While the **potatoes** cook, peel and grate the **garlic** (or use a garlic press). Chop the **tomatoes** into 1cm pieces.

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **lamb mince** and cook until browned, 4-5 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.



4 Simmer your Ragù

Stir the **garlic** and **cinnamon** into the **lamb mince** and cook for 1 min.

Pour in the **passata**, **chicken stock paste** and **water for the ragù** (see pantry for amount) and stir together until combined.

Bring to the boil, then lower the heat and simmer until thickened, 10-12 mins, stirring occasionally.

IMPORTANT: The mince is cooked when no longer pink in the middle.



5 Make the Salad

Meanwhile, crumble the **Greek style salad cheese**.

Put the **tomato**, **red wine vinegar** and **olive oil for the dressing** (see pantry for amount) into a medium bowl. Season with **salt** and **pepper**, mix together, then set aside.

Just before serving, add the **pea shoots** to the bowl of **dressing** and toss to coat.



6 Finish and Serve

When everything's ready, taste the **ragù** and season if needed. Add a splash of **water** if it's a little thick.

Share the **potato halves** between your plates. Mash the insides slightly with a fork and add a knob of **butter** if you'd like.

Spoon the **lamb ragù** over the top (reheat first if needed) and sprinkle with the **Greek style salad cheese**. Serve the **salad** alongside.

Enjoy!

