



Lamb and Mushroom Ragu with Rigatoni and Cheese

Rapid 20 Minutes • 3 of your 5 a day

15



Lamb Mince



Rigatoni Pasta



Sliced Mushrooms



Sun-Dried
Tomato Paste



Finely Chopped
Tomatoes with
Onion and Garlic



Italian Style
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

Saucepan, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Lamb Mince**	200g	300g	400g
Rigatoni Pasta 13)	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Italian Style Herbs	½ sachets	1 sachet	1 sachet
Red Wine Stock Paste 14)	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	50g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	485g	100g
Energy (kJ/kcal)	2937 / 702	605 / 145
Fat (g)	20.5	4.2
Sat. Fat (g)	9.3	1.9
Carbohydrate (g)	88.3	18.2
Sugars (g)	19.2	4.0
Protein (g)	39.1	8.1
Salt (g)	4.90	1.01

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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Fry the Lamb Mince

- Bring a medium saucepan of **water** up to the boil with **½ tsp salt** for the **pasta**.
 - 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, then drain and discard any excess fat.
- IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Simmer your Ragù

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



Pasta Time

- Meanwhile, once your pan of **water** is boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.
- Once the **mince** has browned, lower the heat and add the **sliced mushrooms**.
- Fry until softened, 2-3 mins, stirring occasionally.



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.



Add the Flavour

- Once the **mushrooms** have softened, stir the the **sun-dried tomato paste**, **chopped tomatoes**, **Italian style herbs**, **red wine stock paste** and **sugar for the sauce** (see pantry for amount) to the pan.
- Season with **salt** and **pepper**.



Serve

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

Enjoy!