



Lamb and Mushroom Ragu with Penne and Cheese

Rapid 20 Minutes • 2 of your 5 a day

13



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



Grated Hard
Italian Style
Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on dairy, 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.

Cooking tools

Saucepan, frying pan, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Lamb Mince**	200g	300g	400g
Garlic Clove**	1	2	2
Penne Pasta 13)	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 14)	28g	56g	56g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	395g	100g	405g	100g
Energy (kJ/kcal)	2739 /655	693 /166	2891 /691	713 /170
Fat (g)	19.4	4.9	22.0	5.4
Sat. Fat (g)	8.7	2.2	10.5	2.6
Carbohydrate (g)	82.5	20.9	82.5	20.3
Sugars (g)	12.9	3.3	12.9	3.2
Protein (g)	36.6	9.3	39.8	9.8
Salt (g)	2.98	0.75	3.16	0.78

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 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!



1 Fry the Lamb Mince

- Bring a medium saucepan of **water** 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. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



4 Simmer your Ragù

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



2 Pasta Time

- Once your pan of **water** is boiling, add the **penne** 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.



5 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.

CUSTOM RECIPE

If you've chosen to double up on **grated hard Italian style cheese**, cook the recipe in the same way.



3 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**.



6 Serve

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

Enjoy!