



Penne Beef and Pork Ragu Alforno with Mozzarella and Cheese

Family 35-40 Minutes • 3 of your 5 a day

10



Beef and Pork Mince



Carrot



Penne Pasta



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Paste



Mozzarella



Grated Hard Italian Style Cheese

Pantry Items
Oil, Salt, Pepper

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, grater, colander and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Beef and Pork Mince**	240g	360g	480g
Carrot**	1	1	2
Penne Pasta 13)	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	28g	56g
Mozzarella** 7)	1 ball	1 ball	2 balls
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	546g	100g
Energy (kJ/kcal)	3811/911	698/167
Fat (g)	37.9	6.9
Sat. Fat (g)	15.6	2.9
Carbohydrate (g)	87.5	16.0
Sugars (g)	20.9	3.8
Protein (g)	52.1	9.5
Salt (g)	4.61	0.84

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

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Get Frying

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

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

Once hot, add the **beef and pork mince** and fry until browned, 4-5 mins. Season with **salt** and **pepper**. Use a spoon to break it up as it cooks.

IMPORTANT: Wash your hands and equipment after handling raw mince.



Cheese Please

Drain the **mozzarella** and tear into pieces.



Cook the Pasta

Meanwhile, trim and coarsely grate the **carrot** (no need to peel).

When your pan of **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Time to Bake

Once thickened, stir the **ragu sauce** and **cooked pasta** together. Transfer to a large, deep ovenproof dish.

Scatter the **mozzarella** over the top of the **pasta**, then sprinkle over the **hard Italian style cheese**.

Bake on the top shelf of your oven until the **cheese** is melted and bubbly, 8-10 mins.



Simmer your Ragu Sauce

Once the **mince** is browned, drain and discard any excess fat. Stir in the **carrot** and cook, stirring frequently, for 1 min.

Stir in the **chopped tomatoes**, **red wine stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, stirring to combine, then lower the heat. Simmer until thickened, 10-12 mins.

Season to taste with **salt** and **pepper** if needed.

Add a splash of **water** if it's a little too thick.

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



Serve

When ready, share your **penne ragu al forno** between your bowls.

Enjoy!