













Penne Beef Ragu with Cheesy Garlic Bread

Rapid 20 Minutes • Little Spice • 2 of your 5 a day

Nº 12



-  Penne Pasta
-  Beef Mince
-  Garlic Clove
-  Beef Stock Paste
-  Finely Chopped Tomatoes with Basil
-  Chilli Flakes
-  Balsamic Vinegar
-  Rocket
-  Monterey Jack Cheese
-  Ciabatta

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Saucepan, Colander, Frying Pan, Wooden Spoon, Garlic Press, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Beef Mince**	240g	360g	480g
Garlic Clove	2	3	4
Beef Stock Paste	10g	15g	20g
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Chilli Flakes	1 pinch	1 pinch	1 pinch
Water for the Ragù*	100ml	150ml	200ml
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	20g	40g	40g
Monterey Jack Cheese 7)**	30g	60g	60g
Ciabatta 11) 13)	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	490g	100g
Energy (kJ/kcal)	3681/880	751/180
Fat (g)	31	6
Sat. Fat (g)	13	3
Carbohydrate (g)	99	20
Sugars (g)	16	3
Protein (g)	49	10
Salt (g)	3.74	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **11)** Soya **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Cook the Pasta

- Preheat your grill to high and fill and boil your kettle.
- Pour the **boiled water** into a large saucepan on a high heat with ½ tsp **salt** for the **penne**.
- Add the **penne** and cook until tender, 12 mins.
- Once cooked, drain in a colander, pop back into the pan, drizzle with **oil** and stir through to stop it sticking together.



Dressing Time

- In a medium bowl, combine the **balsamic vinegar**, **oil** (see ingredients for amount) and a pinch of **sugar** (if you have any).
- Mix together and pop the **rocket** on top. Don't dress the **salad** yet, we will do this before serving.



Cook the Beef

- Meanwhile, heat a drizzle of **oil** in a frying pan on a medium-high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat.
- Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the beef, then season with **salt** and **pepper**.
- Whilst the beef cooks, peel and grate the **garlic** (or use a garlic press).



Make Garlic Bread

- When everything has roughly 4-5 minutes left, grate the **Monterey Jack cheese**.
- Halve the **ciabatta** widthways and spread the remaining **garlic** on the cut side.
- Sprinkle over the **cheese** and grill on the top shelf of your oven until golden and brown, 2-3 mins. Watch it like a hawk as it can burn easily.



Make the Sauce

- Once the **beef** has browned, add **half** the **garlic** and cook, stirring frequently for 1 min.
- Add the **beef stock paste**, **finely chopped tomatoes**, a pinch of **chilli flakes** (use more if you like heat) and **water** (see ingredients for amount).
- Bring to a boil then reduce to a simmer and cook, stirring occasionally until thickened, 10-12 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Finish and Serve

- Once everything is ready, taste and season the **beef ragù** and stir through the **cooked penne**, reheat if necessary. Share between your bowls.
- Toss the **rocket** in the dressing and serve alongside the **pasta** with the **cheesy garlic bread**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.