



Penne Beef Ragu with Cheesy Garlic Bread

Rapid 20 Minutes • Little Spice

13



Penne Pasta



Beef Mince



Garlic Clove



Beef Stock Paste



Finely Chopped
Tomatoes with
Onion and Garlic



Dried Italian
Style Herbs



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 Onion and Garlic	1 carton	1½ cartons	2 cartons
Dried Italian Style Herbs	1 sachet	1 sachet	2 sachets
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	491g	100g
Energy (kJ/kcal)	3596 /860	733 /175
Fat (g)	31	6
Sat. Fat (g)	12	3
Carbohydrate (g)	97	20
Sugars (g)	15	3
Protein (g)	47	10
Salt (g)	3.79	0.77

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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HelloFresh UK

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 and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Start the Salad

- 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 after handling raw meat.
- Use a wooden spoon to break it up as it cooks.
- While the **beef** cooks, peel and grate the **garlic** (or use a garlic press).
- Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. **IMPORTANT:** The beef is cooked when no longer pink in the middle.



Make Garlic Bread

- When everything has roughly 4-5 minutes left, grate the **Monterey Jack cheese**.
- Halve the **ciabattas** 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. **TIP:** 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 minute.
- Add the **beef stock paste**, **finely chopped tomatoes**, **dried Italian style herbs**, 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.



Finish & Serve

- Once everything is ready, taste and season the **beef ragu** and stir through the **cooked penne**, reheating 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.