



Penne Beef Ragu with Cheesy Garlic Bread

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

13



Penne Pasta



Beef Mince



Garlic Clove



Carrot



Onion



Tomato Puree



Red Wine
Stock Paste



Finely Chopped
Tomatoes



Italian Style Herbs



Chilli Flakes



Monterey Jack Cheese



Chives



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, Garlic Press and Grater.

Ingredients

	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Carrot**	1	1	2
Onion**	1	1	1
Tomato Puree	1 sachet	1½ sachets	2 sachets
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Dried Italian Herbs	1 sachet	1 sachet	2 sachets
Chilli Flakes	1 pinch	1 pinch	1 pinch
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Ragù*	100ml	150ml	200ml
Monterey Jack Cheese** 7)	30g	60g	60g
Chives**	1 bunch	1 bunch	1 bunch
Ciabatta** 11) 13)	1	1½	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	606g	100g
Energy (kJ/kcal)	3647 /872	602 /144
Fat (g)	26	4
Sat. Fat (g)	12	2
Carbohydrate (g)	110	18
Sugars (g)	26	4
Protein (g)	47	8
Salt (g)	3.31	0.55

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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You can recycle me!



Cook the Pasta

- Preheat your grill to high. 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 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.



Finish the Prep

- About 5 mins before everything is ready, grate the **Monterey Jack cheese**.
- Roughly chop the **chives**.



Brown the Beef

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- When the **oil** is hot, add the **beef 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.**
- While the **beef** cooks, peel and grate the **garlic** (or use a garlic press). Trim the **carrot** then coarsely grate (no need to peel).
- Halve, peel and thinly slice the **onion**.



Make the Garlic Bread

- Halve the **ciabattas** and spread the remaining **garlic** on the cut side.
- Drizzle over some **oil**.
- Sprinkle over the **cheese** and grill on the top shelf of your oven until golden and brown, 2-3 mins. Watch it carefully as it can burn easily.



Make the Sauce

- Once the **beef** has browned, drain and discard any excess fat, then season with **salt** and **pepper**. Add the **carrot**, **onion** and **half** the **garlic**. Cook until softened, 2-3 mins, stirring frequently.
- Add the **tomato puree**, **red wine stock paste**, **finely chopped tomatoes**, **Italian style herbs**, a pinch of **chilli flakes** (use more if you like heat), **sugar** and **water for the ragù** (see ingredients for both amounts).
- Bring to a boil then reduce to a simmer. 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** further if needed.
- Combine the **ragù** and the **penne** (reheat the **ragù** first if needed).
- Share the **penne ragù** between your bowls.
- Sprinkle over the **chives** and serve 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.