



Penne Beef Ragu with Cheesy Garlic Bread

Rapid 20 Minutes • 3 of your 5 a day

14



Penne Pasta



Beef Mince



Garlic Clove



Carrot



Tomato Puree



Red Wine
Stock Paste



Finely Chopped
Tomatoes with Basil



Italian Style Herbs



Mature Cheddar
Cheese



Ciabatta

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, colander, frying pan, garlic press, grater and baking tray.

Ingredients

Ingredients	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Carrot**	1	1	2
Tomato Puree	30g	45g	60g
Red Wine Stock Paste 14)	28g	42g	56g
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** 7)	30g	40g	60g
Ciabatta 13)	1	1½	2
Pantry	2P	3P	4P
Water for the Ragu*	100ml	150ml	200ml
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	3869 /925	700 /167
Fat (g)	32.6	5.9
Sat. Fat (g)	12.9	2.3
Carbohydrate (g)	110.6	20.0
Sugars (g)	22.4	4.0
Protein (g)	49.0	8.9
Salt (g)	4.93	0.89

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **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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Cook the Pasta

- Preheat your grill to high. Fill and boil your kettle.
- Pour the **boiled water** into a large saucepan on high heat with **½ tsp salt**.
- 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.



Cheese Please

- About 5 mins before everything's ready, grate the **Cheddar cheese**.



Get Frying

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry 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 and coarsely grate the **carrot** (no need to peel).
- Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**.



Make your Garlic Bread

- Halve the **ciabatta** and lay onto a baking tray, cut-side up.
 - Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).
 - Sprinkle over the **cheese** and grill on the top shelf of your oven until golden brown, 2-3 mins.
- TIP:** Watch carefully as it can burn easily.



Ragu Time

- Add the **carrot** and **half the garlic** to the **beef**. Cook until the **carrot** has softened, stirring frequently, 2-3 mins.
- Stir in the **tomato puree**, **red wine stock paste**, **chopped tomatoes**, **Italian style herbs** and **water for the ragu** (see pantry for amount). Bring to a boil, then reduce to a simmer.
- Cook, stirring occasionally, until thickened, 10-12 mins. **IMPORTANT:** The beef is cooked when no longer pink in the middle.



Finish and Serve

- When everything's ready, taste and season the **beef ragu** if needed. Reheat if necessary, then stir through the **cooked penne**.
- Share the **penne ragu** between your bowls.
- Serve with the **cheesy garlic bread** alongside.

Enjoy!