



Penne Ragu Alforno with Mozzarella and Cheese

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

2



Beef Mince



Carrot



Penne Pasta



Tomato Puree



Finely Chopped
Tomatoes with Basil



Red Wine
Stock Paste



Mozzarella



Grated Hard
Italian Style Cheese



Bacon Lardons

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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 Mince**	240g	360g	480g
Carrot**	1	1	2
Penne Pasta 13)	180g	270g	360g
Tomato Puree	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1 sachet	2 sachets
Mozzarella** 7)	1 ball	1 ball	2 balls
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	40g
Bacon Lardons**	90g	120g	180g

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

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3733/892	668/160
Fat (g)	33.8	6.0
Sat. Fat (g)	17.8	3.2
Carbohydrate (g)	89.0	15.9
Sugars (g)	22.0	3.9
Protein (g)	55.5	9.9
Salt (g)	4.66	0.83

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	604g	100g
Energy (kJ/kcal)	4220/1009	699/167
Fat (g)	42.9	7.1
Sat. Fat (g)	20.7	3.4
Carbohydrate (g)	89.9	14.9
Sugars (g)	22.1	3.7
Protein (g)	63.2	10.5
Salt (g)	5.89	0.98

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.

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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 $\frac{1}{2}$ **tsp salt** for the **pasta**.

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

Once hot, add the **beef 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.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan with the **mince**. Cook for the same amount of time, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



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**, then add the **tomato puree**. Cook, stirring, 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!