

Spiced Tomato Pork Mince Ragu

with Peas, Cheese and Buttery Mash

20 Minutes • Mild Spice • 2 of your 5 a day









Potatoes







Garlic Clove





Central American Style Spice Mix

Tomato Passata





Chicken Stock Paste

Mature Cheddar Cheese





Peas



Pantry Items

Oil, Salt, Pepper, Sugar, Butter

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

Kettle, saucepan, frying pan, garlic press, grater, colander and lid.

Ingredients

Ingredients	2P	3P	4P			
Potatoes	450g	700g	900g			
Onion**	1	11/2	2			
Pork Mince**	240g	360g	480g			
Garlic Clove**	1	2	2			
Central American Style Spice Mix	2 sachets	3 sachets	4 sachets			
Tomato Passata	1 carton	1½ cartons	2 cartons			
Chicken Stock Paste	10g	15g	20g			
Mature Cheddar Cheese** 7)	60g	90g	120g			
Peas**	120g	180g	240g			
Beef Mince**	240g	360g	480g			
Pantry	2P	3P	4P			
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp			
Water for the Sauce*	75ml	100ml	125ml			
Butter*	20g	30g	40g			
*Not Included **Store in the Fridge						

Nutrition

			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	633g	100g	633g	100g
Energy (kJ/kcal)	3451/825	545/130	3225 /633	509/121
Fat (g)	47.1	7.4	40.5	6.4
Sat. Fat (g)	21.8	3.4	20.6	3.3
Carbohydrate (g)	63.0	9.9	62.8	9.9
Sugars (g)	17.4	2.8	17.2	2.7
Protein (g)	42.5	6.7	45.8	7.2
Salt (g)	2.96	0.47	3.01	0.48

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

Allergens

7) Milk

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 Potatoes

- **a)** Boil a full kettle. Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- b) Pour the boiled water into a saucepan with ½ tsp salt.
- **c)** Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.

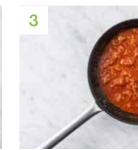


Get Frying

- **a)** While the **potatoes** cook, halve, peel and chop the **onion** into small pieces.
- **b)** Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **pork mince** and **onion** and fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat.
- c) Season with **salt** and **pepper**. **IMPORTANT**: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Bring on the Ragu

- **a)** Meanwhile, peel and grate the **garlic** (or use a garlic press).
- b) Once the mince is browned, add the garlic and Central American style spice mix (add less if you'd prefer things milder). Stir-fry for 30 secs.
- c) Stir in the passata, chicken stock paste, sugar and water for the sauce (see pantry for both amounts).
- **d)** Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 5-6 mins.



Mash Time

- a) Meanwhile, grate the cheese.
- **b)** Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- **c)** Add the **butter** (see pantry for amount) and a splash of **milk** (if you have any) and mash until smooth.
- **d)** Season with **salt** and **pepper**, then cover with a lid to keep warm.



Peas Please

- **a)** Once the **sauce** has thickened, stir through the **peas**.
- b) Cook until piping hot, 1-2 mins.
- **c)** Taste and season with **salt** and **pepper** if needed, then remove from the heat.



Serve

- a) When everything's ready, serve the **spiced pork** ragu on top of the **buttery mash**.
- **b)** Finish by scattering the **cheese** all over.

Enjoy!