



Spiced Tomato Pork Mince Ragu with Peas, Cheese and Buttery Mash

Family 20 Minutes • 2 of your 5 a day

11



Potatoes



Onion



Pork Mince



Garlic Clove



Central American
Style Spice Mix



Tomato Passata



Chicken Stock
Paste



Mature Cheddar
Cheese



Unsalted Butter



Peas

Pantry Items

Oil, Salt, Pepper, Sugar

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, peeler, saucepan, lid, frying pan, garlic press, grater, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	1½	2
Pork Mince**	240g	360g	480g
Garlic Clove**	1	2	2
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Mature Cheddar Cheese** 7)	60g	70g	90g
Unsalted Butter** 7)	20g	30g	40g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3030 /724	484 /116
Fat (g)	37.3	6.0
Sat. Fat (g)	18.5	3.0
Carbohydrate (g)	61.8	9.9
Sugars (g)	17.0	2.7
Protein (g)	39.5	6.3
Salt (g)	2.30	0.37

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 small 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.



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** 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.



Get Frying

a) Halve, peel and chop the **onion** into small pieces.

b) Heat a drizzle of **oil** in a frying pan on medium-high heat.

c) Once hot, add the **pork mince** and **onion** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

d) Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



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.



Add the Flavour

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Once the **mince** has 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.



Serve

a) When everything is ready, serve the **spiced pork ragu** alongside the **buttery mash**.

b) Finish by scattering the **cheese** all over.

Enjoy!