



Super Quick Penne Beef Ragu with Mushrooms and Cheese

Rapid 20 Minutes • 1 of your 5 a day

14



Beef Mince



Penne Pasta



Mixed Herbs



Sliced Mushrooms



Worcester Sauce



Tomato Passata



Sun-Dried
Tomato Paste



Red Wine
Jus Paste



Grated Hard
Italian Style
Cheese

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

Saucepan, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Penne Pasta 13)	180g	270g	360g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Sliced Mushrooms**	80g	120g	180g
Worcester Sauce 13)	15g	22g	30g
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	25g	38g	50g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	400g 3093 / 739	100g 773 / 185
Fat (g)	26.0	6.4
Sat. Fat (g)	10.9	2.7
Carbohydrate (g)	82.3	20.6
Sugars (g)	15.0	3.8
Protein (g)	45.0	11.2
Salt (g)	2.57	0.64

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

Allergens

7) Milk **8)** Egg **10)** Celery **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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Brown the Mince

- Bring a large saucepan of **water** to the boil with **½ 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, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*



Simmer the Sauce

- Stir in the **Worcester sauce** and simmer until evaporated, 30 secs.
- Stir in the **passata, sun-dried tomato paste, red wine jus paste** and **sugar for the sauce** (see pantry for amount).
- Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 4-5 mins.



Cook the Pasta

- Meanwhile, add the **penne** to your pan of **boiling water** and bring back to the boil.
- Cook until tender, 12 mins.



Combine and Stir

- When the **pasta** is cooked, drain in a colander, then add to the **sauce**.
- Stir through **three quarters** of the **cheese** until combined.
- Add a splash of **water** to loosen the **sauce** if needed.



Mushroom Time

- Once the **beef** is browned, drain and discard any excess fat.
- Stir in the **mixed herbs** and **mushrooms**. Cook for another 2 mins.



Serve

- Season your **penne ragu** to taste with **salt** and **pepper**, then serve in bowls.
- Sprinkle with the remaining **cheese** to finish.

Enjoy!