



ITALIAN LAMB RAGU & SPAGHETTI

with Shaved Parmesan & Salad



Make a cheat's lamb ragu



Brown Onion



Carrot



Celery



Garlic



Italian Herbs



Lamb Mince



Tomato Paste



Chopped Tomatoes



Beef Stock



Spaghetti



Mixed Salad Leaves



Parsley



Shaved Parmesan Cheese

Hands-on: **30** mins
Ready in: **35** mins

This sumptuous yet simple pasta is absolute decadence, from the rich lamb ragu infused with Italian herbs to the bite from the shaved Parmesan cheese. Don't be too surprised if the bowls are left licked clean!

Pantry Staples: Olive Oil, Brown Sugar, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **large saucepan**



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Finely chop the **brown onion**. Finely chop the **carrot** (unpeeled) and **celery**.

TIP: Grate the carrot if you prefer!

Finely chop the **garlic** (or use a garlic press).



2 COOK THE VEGGIES

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion, carrot** and **celery** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and **Italian herbs** and cook until fragrant, **1 minute**.



3 MAKE THE RAGU

Push the vegetables to the side of the pan and add the **lamb mince** to the empty space in the pan. Cook, breaking up the lamb with a spoon, until browned, **4 minutes**. Add the **tomato paste (see ingredients list), brown sugar, chopped tomatoes, water** and crumbled **beef stock (1 cube for 2 people / 2 cubes for 4 people)**. Stir to combine. Reduce the heat to medium and simmer until thickened, **8-10 minutes**. Season with a **pinch of salt and pepper**.



4 COOK THE SPAGHETTI

While the ragu is simmering, add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **9 minutes**.

TIP: 'Al dente' means the pasta is cooked through but still has a bit of firmness in the middle. Drain and return the **spaghetti** to the saucepan.



5 FINISH THE RAGU

Add the **spaghetti** to the **lamb ragu** and toss to coat. In a medium bowl, combine **olive oil (2 tsp for 2 people / 4 tsp for 4 people)** and **balsamic vinegar**. Season with a **pinch of salt and pepper** and add the **mixed salad leaves**. Toss to coat. Roughly chop the **parsley leaves**.



6 SERVE UP

Divide the Italian lamb ragu and spaghetti between bowls. Sprinkle over the parsley and **shaved Parmesan cheese**. Serve the salad on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
celery	1 stalk	2 stalks
garlic	2 cloves	4 cloves
Italian herbs	1 sachet	2 sachets
lamb mince	1 packet	2 packets
tomato paste	½ tin	1½ tins
brown sugar*	1 tsp	2 tsp
chopped tomatoes	1 tin (400g)	2 tins (800g)
water*	¼ cup	½ cup
beef stock	1 cube	2 cubes
spaghetti	1 packet	2 packets
balsamic vinegar*	1 tbs	2 tbs
mixed salad leaves	1 bag (30g)	1 bag (60g)
parsley	1 bunch	1 bunch
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3490kJ (834Cal)	521kJ(124Cal)
Protein (g)	49.9g	7.5g
Fat, total (g)	21.4g	3.2g
- saturated (g)	12.8g	1.9g
Carbohydrate (g)	102g	15.1g
- sugars (g)	23.0g	3.4g
Sodium (g)	921mg	137mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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