

# **ITALIAN LAMB RAGU & SPAGHETTI**









Carrot

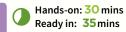


Shaved Parmesan Cheese

Leaves

Celery

Pantry Staples: Olive Oil, Brown Sugar, Balsamic Vinegar



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!

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



### 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).



## **OCOOK 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**.



## **Z** 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**.

# F.C.

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!**

# 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	⅔ tin	1½ tins
brown sugar*	1 tsp	2 tsp
chopped tomatoes	<b>1 tin</b> (400g)	<b>2 tins</b> (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	<b>1 bag</b> (30g)	<b>1 bag</b> (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** 

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