



Italian-Style Lamb Ragu

with Fusilli & Parmesan

Grab your Meal Kit
with this symbol



Brown Onion



Carrot



Celery



Garlic



Parsley



Italian Herbs



Lamb Mince



Tomato Paste



Chopped Tomatoes



Beef Stock



Fusilli



Mixed Salad
Leaves



Grated Parmesan
Cheese



Hands-on: **25-35** mins

Ready in: **30-40** mins

This sumptuous yet simple pasta is absolute decadence. From the rich lamb ragu infused with Italian herbs to the topping of herby parsley and sharp grated Parmesan, don't be too surprised if the bowls are licked clean!

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
carrot	1	2
celery	1 stalk	2 stalks
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
Italian herbs	1 sachet	1 sachet
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
chopped tomatoes	1 tin	2 tins
water*	½ cup	1 cup
beef stock	¾ sachet	1½ sachets
fusilli	1 packet	2 packets
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3140kJ (749Cal)	490kJ (117Cal)
Protein (g)	47.3g	7.4g
Fat, total (g)	15.8g	2.5g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	97.4g	15.2g
- sugars (g)	22.5g	3.5g
Sodium (mg)	1470mg	230mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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

TIP: Grate the carrot if you prefer!



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. Cook the lamb

Push the veggies to the side of the frying pan and add the **lamb mince** to the empty space in the pan. Cook, breaking up with a spoon, until browned, **4 minutes**. Add the **tomato paste, brown sugar, chopped tomatoes, water** and the **beef stock** (3/4 sachet for 2 people / 1 1/2 sachets for 4 people). Stir everything 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 fusilli

While the lamb is cooking, add the **fusilli** to the saucepan of boiling water and cook until 'al dente', **11 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain the **fusilli** and return to the saucepan.

TIP: 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



5. Make the salad

Add the cooked **fusilli** to the frying pan with the **lamb ragu** and toss to coat. Set aside. In a medium bowl combine **olive oil** (2 tsp for 2 people / 4 tsp for 4 people) and the **balsamic vinegar**. Season with a **pinch of salt** and **pepper** and add the **mixed salad leaves**. Toss to coat.

TIP: Add a dash of the reserved pasta water if the ragu is too thick.



6. Serve up

Divide the lamb ragu and fusilli between bowls. Top with the **grated Parmesan cheese** and garnish with the **mixed salad**.

Enjoy!