

Dinner - Beef & Veggie Ragu with Gnocchi

Lunch - Mexican Beef Chilli Rice Bowl

Grab your Meal Kit with this symbol



Capsicum



Red Onion



Garlic



Carrot



Italian Herbs



Beef Mince



Tomato Paste



Chopped Tomatoes



Beef-Style Stock Powder



Baby Spinach Leaves



Gnocchi



Mexican Fiesta Spice Blend



Parsley



Grated Parmesan Cheese

For your lunch



Microwavable Basmati Rice



Shredded Cheddar Cheese



Greek-Style Yoghurt

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar

DINNER

Hands-on: **40-50 mins**

Ready in: **45-55 mins**

LUNCH

Ready in: **10 mins**



Spicy (Mexican Fiesta spice blend)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! For dinner, enjoy an Italian beef ragu with gnocchi, then add some Mexican spices to make a beef chilli rice bowl for lunch. Extra delicious!

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

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
red onion	1 (medium)	1 (large)
garlic	4 cloves	6 cloves
carrot	1	2
Italian herbs	1 sachet	1 sachet
beef mince	1 packet	2 packets
tomato paste	1 packet	1½ packets
brown sugar*	1 tbs	1½ tbs
chopped tomatoes	2 tins	3 tins
balsamic vinegar*	2 tsp	1 tbs
beef-style stock powder	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
gnocchi	¾ packet (375g)	1½ packets (750g)
Mexican Fiesta spice blend	1 sachet	1 sachet
parsley	1 bunch	1 bunch
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
microwavable basmati rice	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (50g)
Greek-style yoghurt	2 small packets	2 small packets

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	2750kJ (657Cal)	412kJ (98Cal)
Protein (g)	44.8g	6.7g
Fat, total (g)	14.5g	2.2g
- saturated (g)	6.3g	0.9g
Carbohydrate (g)	82.6g	12.4g
- sugars (g)	16.9g	2.5g
Sodium (mg)	2150mg	322mg
Dinner	Per Serving	Per 100g
Energy (kJ)	2880kJ (687Cal)	403kJ (96Cal)
Protein (g)	45.3g	6.4g
Fat, total (g)	25.7g	3.6g
- saturated (g)	12.9g	1.8g
Carbohydrate (g)	64.8g	9.1g
- sugars (g)	25.2g	3.5g
Sodium (mg)	1400mg	196mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2020 | CW49



Get prepped

Roughly chop the **capsicum**. Finely chop the **red onion** and **garlic**. Grate the **carrot** (unpeeled). In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **capsicum**, **onion** and **carrot** and cook, stirring, until softened, **5 minutes**.



Divide the beef

SPICY! The **spice blend** is hot, use less if you're sensitive to heat. Reserve two portions of ragu in the frying pan for lunch. Add the remaining **ragu** to the **gnocchi** and toss to coat. Return the reserved **ragu** to a medium-high heat. Push the ragu to one side and add a drizzle of **olive oil** to the empty space. Add the **Mexican Fiesta spice blend** to the oil and stir until fragrant, **1-2 minutes**. Stir to combine the ragu and spice blend. Remove from the heat and set aside.



Cook the ragu

Add the **garlic** and **Italian herbs** to the veggies and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4 minutes**. Add the **tomato paste** (see ingredients) and cook for **1 minute**. Add the **brown sugar**, **chopped tomatoes**, **balsamic vinegar** and **beef-style stock powder** and simmer until thickened, **10 minutes**. Season with **salt** and **pepper**. Stir in the **baby spinach leaves** until wilted, **1 minute**.

TIP: Add a splash of water if the ragu is too thick!



Serve up dinner

Roughly chop the **parsley** leaves. Divide the **beef ragu** and **gnocchi** between bowls. Sprinkle with the **parsley** and **grated Parmesan cheese**.



Pan-fry the gnocchi

While the ragu is cooking, heat a generous drizzle of **olive oil** in a second large frying pan over a medium-high heat. When the oil is hot, add the **gnocchi** (see ingredients) in a single layer and pan-fry, tossing occasionally, until golden, **8-10 minutes**. Season with **salt** and **pepper**.

TIP: If the gnocchi doesn't fit in a single layer, pan-fry in batches so it becomes golden, adding extra olive oil if needed.



Prepare your lunch

When you're ready to pack lunch, divide the **microwavable basmati rice** between two microwavable containers (no need to heat the rice!). Top with the **Mexican beef chilli** and **shredded Cheddar cheese**. Pack the **Greek-style yoghurt** and **Mexican beef chilli** rice bowls separately and refrigerate. At lunch, microwave the **Mexican beef chilli rice** for **2-3 minutes** or until piping hot. Top with the **yoghurt**.

Enjoy!