



Baked Beef & Gnocchi Ragu

With Roasted Peppers

N° 8

FAMILY Hands On Time: 20 Minutes • Total Time: 45 Minutes • 1.5 of your 5 a day



Onion



Carrot



Bell Pepper



Garlic Clove



Beef Mince



Red Wine Stock Pot



Finely Chopped Tomatoes with Basil



Cheddar Cheese



Gnocchi



Hard Italian Style Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Baking Tray, Saucepan, Coarse Grater and Ovenproof Dish.

Ingredients

| | 2P | 3P | 4P |
|--|----------|------------|-----------|
| Onion** | 1 | 1 | 2 |
| Carrot** | 1 | 1 | 2 |
| Bell Pepper*** | 1 | 2 | 2 |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Beef Mince** | 240g | 360g | 480g |
| Red Wine Stock Pot 14 | 1 pot | 1 pot | 2 pots |
| Finely Chopped Tomatoes with Basil | 1 carton | 1½ cartons | 2 cartons |
| Cheddar Cheese 7 ** | 1 block | 2 blocks | 2 blocks |
| Gnocchi 13 | 300g | 500g | 600g |
| Hard Italian Style Cheese 7 8 ** | 1 pack | 1½ packs | 2 packs |

*Not Included ** Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 727g | 100g |
| Energy (kJ/kcal) | 3333/797 | 459/110 |
| Fat (g) | 30 | 4 |
| Sat. Fat (g) | 14 | 2 |
| Carbohydrate (g) | 86 | 12 |
| Sugars (g) | 28 | 4 |
| Protein (g) | 44 | 6 |
| Salt (g) | 5.29 | 0.73 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **13**) Gluten **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Chop Chop

Preheat your oven to 200°C. Meanwhile, halve, peel and chop the **onion** into small pieces. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).



4. Start the Sauce

Stir in the **red wine stock pot** and **finely chopped tomatoes**. Bring to the boil and reduce the heat to medium. Cook until slightly thickened, 5-6 mins. Once roasted stir the **peppers** into the sauce. Season to taste. **TIP:** Add a splash of water if it's thickened too much.



2. Cook

Pop the **bell pepper** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** then mix to coat the **pepper**, spread evenly and roast on the top shelf of your oven until starting to char and soften, 12-15 mins.



5. Grate & Bake

Meanwhile, grate your **Cheddar cheese**. Break up the **gnocchi** and add into the pan with the **ragu**. Stir well and pour into an ovenproof dish. Sprinkle over the **grated Cheddar** and **hard Italian style cheese**. Grill on the top shelf of your oven until golden brown and bubbling, 4-5 mins.



3. Brown Your Beef

Meanwhile, heat a splash of **oil** in a large frying pan on a medium high heat. When hot add the **beef mince**, breaking it up with a spoon. Cook stirring frequently until brown all over, 3-4 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Once the **beef** is browned, add the **onion** and **carrot** and cook until softened, 3-4 mins. Add the **garlic** and cook for a further one minute.



6. Time to Serve

Once the **bake** is golden and bubbling, carefully remove from the oven. Share between your plates and...

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.