



Beef, Mushroom and Red Wine Ragu

with Pappardelle

N° 10

FAMILY Hands on Time: 15 Minutes • Total Time: 20 Minutes • 1 of your 5 a day



Shallot



Garlic Clove



Carrot



Flat Leaf Parsley



Beef Mince



Sliced Mushrooms



Dried Thyme



Pappardelle



Red Wine Jus Paste



Tomato Puree



Hard Italian Style Grated 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), Large Frying Pan, Saucepan, Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Shallot**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Carrot**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Dried Thyme	½ pot	¾ pot	1 pot
Pappardelle (13)	200g	300g	400g
Red Wine Jus Paste (10) (14)	1 pot	2 pots	2 pots
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	200ml	300ml
Hard Italian Style Grated Cheese (7) (8)**	1	2	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	494g	100g
Energy (kJ/kcal)	2912/696	589/141
Fat (g)	25	5
Sat. Fat (g)	12	2
Carbohydrate (g)	73	15
Sugars (g)	12	2
Protein (g)	44	9
Salt (g)	2.02	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Prep

Fill and boil your kettle. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, (no need to peel) then quarter lengthways, chop width ways into small pieces. Roughly chop the **parsley** (stalks and all).



4. Finish the Sauce

Add the **red wine jus**, **tomato puree** and **water** (see ingredients for amount) to the **beef mixture**. Stir to dissolve, then simmer until a glossy sauce has formed, 5 mins. Add a splash of **pasta water** to the **sauce**, if its looking a little dry.



2. Start Frying

Heat a drizzle of **oil** in a large frying pan on a medium high heat. Once hot add the **beef mince** and cook until browned, 3-4 mins. Break it up with a wooden spoon as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Once the **mince** has browned, add the **shallot**, **carrot** and **sliced mushrooms** and cook until soft, stirring occasionally, 5 mins. Add the **garlic** and **thyme** and cook for a further 1 minute.



5. Add the Parsley

Once the **sauce** is cooked, stir through **half** the **parsley**. Taste and season with **salt** and **pepper** if needed. Add the **cooked pasta** and stir to combine.



3. Cook the Pasta

Meanwhile, pour your boiling **water** into a saucepan on medium high heat. Add the **pappardelle** to the pan with ¼ tsp of **salt**, bring to a boil and cook the **pasta** until tender, 10 minutes. Once cooked, reserve some of the **pasta water**, then drain into a colander. Pop back in your pan and drizzle with a little **oil** to stop it sticking.



6. Time to Serve

Divide the **pappardelle** between your plates or bowls. Sprinkle over the **cheese** and remaining **parsley**.

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.