



# Beetroot and Pork Ragu

with Spaghetti

N° 11

**FAMILY** Hands on Time: 20 Minutes • Total Time: 30 Minutes • Little Heat • 1.5 of your 5 a day



Onion



Cooked Beetroot



Pork Mince



Smoked Paprika



Chilli Flakes



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



Spaghetti



Flat Leaf Parsley



Cheddar Cheese



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:

Coarse Grater, Large Frying Pan, Large Saucepan, Measuring Jug, Colander and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Cooked Beetroot**	1 pack	1½ packs	2 packs
Pork Mince**	240g	360g	480g
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Chilli Flakes	a pinch	a pinch	a pinch
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for the Ragu*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Spaghetti <b>13</b> )	200g	300g	400g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cheddar Cheese <b>7) **</b>	1 block	2 blocks	2 blocks
Hard Italian Style Grated Cheese <b>7) 8) **</b>	1 pack	1 pack	2 packs

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	659g	100g
Energy (kJ/kcal)	4213 / 1007	640 / 153
Fat (g)	39	6
Sat. Fat (g)	17	3
Carbohydrate (g)	105	16
Sugars (g)	29	4
Protein (g)	54	8
Salt (g)	3.55	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

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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Packed in the UK



## 1. Get Prepared

Fill and boil the kettle, we will use it for the **pasta** later. Halve, peel and thinly slice the **onion**.

Coarsely grate the **beetroot**. **TIP: Wear rubber gloves to prevent staining your hands!**



## 4. Cook the Pasta

Add the **spaghetti** to the saucepan of boiling **water**. Simmer until tender, 8 mins, then drain into a colander. Return to the pan off the heat, drizzle with a little **oil**. Turn your grill on to high.



## 2. Cook the Vegetables

Heat a splash of **oil** in a large frying pan on high heat. Once hot, add the **pork mince** and cook until browned, 5-6 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT: The mince is cooked when it is no longer pink in the middle.** Add the **onion** to the pan, stir together, and cook until the **onion** has softened, 4-5 mins. Season with **salt** and **pepper**. Pour the boiled **water** into a large saucepan with ½ tsp of **salt**. Bring back to boil on high heat.



## 5. Bake the Spaghetti!

Meanwhile, roughly chop the **parsley** (stalks and all). Grate the **Cheddar cheese**. Once the **sauce** is nice and thick, mix in **half** the **parsley**, taste and season with **salt** and **pepper** if necessary. Add the **spaghetti** to the **sauce** and stir to combine. Transfer the **saucy pasta** into an ovenproof dish and sprinkle over both the **Cheddar** and the **hard Italian cheese** and the remaining **parsley**. Pop under the grill until the **cheese** has melted and the top is turning golden, 3-5 mins.



## 3. Flavour the Ragu

Add the **smoked paprika** and a pinch of **chilli flakes** (careful they're hot!) to the **pork** as it cooks. Mix well and cook for 30 seconds. Stir in the grated **beetroot**, **chopped tomatoes**, **water** (see ingredients for amount) and the **chicken stock powder**. Bring to the boil, stir to dissolve the **stock powder**, then reduce the heat to simmer until the **sauce** has thickened 8-10 mins.



## 6. Serve

Once your **pasta** is out of the oven, serve into big bowls.

**Dig in!**

**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.