



DINNER - LAMB RAGU PAPPARDELLE

LUNCH - LAMB BOLOGNESE WRAPS

DINNER SOLVED
HELLO LUNCH!

Yummy dinner, delicious lunch all in one shot, well done you!

DINNER



LUNCH



Onion



Red Pepper



Lamb Mince



Finely Chopped Tomatoes with Basil



Chicken Stock Powder



Wheat Pappardelle



Baby Spinach



Italian Style Grated Hard Cheese



Whole Wheat Tortilla

DINNER TO LUNCH

Transform dinner into a tasty new lunch!

DINNER: 30mins **LUNCH: 5mins**

Dinner: **2** of your **5** a day

Lunch: **2** of your **5** a day

Pasta lovers, rejoice because this is the recipe for you! Chef Lizzy has opted for lamb meat to create a deep, rich flavour that works perfectly with the deliciously thick and tomatoey ragu. The mixture is stirred through wide ribbons of pappardelle and topped with a sprinkling of Italian cheese and roasted red peppers. Pasta perfection. For lunch, simply add spinach, a spoon of the lamb mixture, roasted pepper and cheese to tortillas for the perfect lunchbox treat.

MEAL BAG

18

BEFORE YOU START

🧼 Wash the Veggies. 🍴 Make sure you've got a **Large Saucepan, Baking Tray, Frying Pan, Colander** and **Coarse Grater**.
Now, let's get cooking your **Dinner** and **Lunch!**



1 PREP THE VEGGIES

Preheat your oven to 200°C. Put a large saucepan of **water** with a pinch of **salt** on to boil for the wheat pasta. Halve, peel and then chop the **onion** into small pieces. Halve the **peppers** and discard the core and seeds. Slice into strips.



2 COOK THE PEPPER

Lay the **pepper slices** on a baking tray and drizzle over a little oil. Season with **salt** and **pepper**. Toss to coat evenly then spread out, in a single layer. Roast on the top shelf of your oven until softened and slightly charred, 15-20 mins. When ready, remove from the oven and set aside.



3 MAKE THE RAGU

Meanwhile, heat a large frying pan on medium high heat (no oil). Once hot, add the **lamb mince**. Break it up with a wooden spoon and cook until browned, 5-7 mins. **★ TIP:** Drain off any excess fat. Then add the **onion**. Cook until softened, 5-6 mins. Stir in the **chopped tomatoes, water** (see ingredients for amount) and **chicken stock powder**. Bring to a boil, then lower the heat, simmer until thick and tomatoey, 10-12 mins. **! IMPORTANT:** The lamb mince is cooked when it is no longer pink in the middle.



4 COOK THE WHEAT PASTA

Meanwhile, add the **wheat pappardelle** to your saucepan of boiling **water**. Cook for 10 mins then drain in a colander and return to the pan (off the heat) with a drizzle of oil to stop it sticking together. When your **sauce** has thickened, season to taste with **salt** and **pepper** if needed. Transfer 2 portions of the **mixture** to a bowl and set aside to cool (this will be for your lunch).



5 FINISH AND COMBINE

Set aside 2 portions of **spinach** for your lunch, then stir the remaining a handful at a time into the **lamb mixture** in the pan until wilted. Add the drained **wheat pappardelle** to the pan and toss to combine. Set aside 2 portions of the **roasted peppers** for your lunch. Serve the **lamb ragu wheat pappardelle** in deep bowls with the remaining **roast peppers** arranged on top. Sprinkle over **half** the **Italian style hard cheese**. **Enjoy!**



6 MAKE YOUR LUNCH

When you are ready to pack your lunch, put the **wraps** on a board. Arrange a few **spinach leaves** on each, then divide the **reserved lamb mixture, peppers** and **cheese** down the middle. Roll up, wrap in foil and refrigerate. **Enjoy hot or cold!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Onion *	1	2	2
Red Pepper *	2	3	3
Lamb Mince *	400g	500g	600g
Finely Chopped Tomatoes with Basil	2	2	3
Water*	100ml	150ml	200ml
Chicken Stock Powder	1	1½	2
Wheat Pappardelle 13)	200g	300g	400g
Baby Spinach *	1 bag	1 bag	1½ bags
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Whole Wheat Tortilla 13)	4	4	4

*Not Included * Store in the Fridge

ALLERGENS

7) Milk 8) Egg 13) Gluten

NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 562G	PER 100G
Energy (KJ/kcal)	2732/ 653	486/ 116
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	80	14
Sugars (g)	20	4
Protein (g)	37	7
Salt (g)	2.80	0.50

LUNCH	PER SERVING: 562G	PER 100G
Energy (KJ/kcal)	2518/ 602	448/ 107
Fat (g)	22	4
Sat. Fat (g)	8	1
Carbohydrate (g)	61	11
Sugars (g)	18	3
Protein (g)	35	6
Salt (g)	4.40	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

Wheat Pappardelle. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



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