



Superquick Beef Ragu

with Penne Pasta and Spinach

RAPID 20 Minutes • 1.5 of your 5 a day

Nº 25



Beef Mince



Closed Cup Mushrooms



Carrot



Italian Herbs



Worcester Sauce



Finely Chopped Tomatoes with Garlic & Onion



Red Wine Stock Pot



Penne



Baby Spinach



Italian Style Grated Hard Cheese

Before you start

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

Basic cooking tools, you will need:

Saucepan, Frying Pan, Coarse Grater and Colander.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Carrot**	1	2	2
Italian Herbs	½ pot	¾ pot	1 pot
Worcester Sauce 13)	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot 14)	1 pot	1½ pot	2 pots
Penne 13)	200g	300g	400g
Baby Spinach**	1 small bag	1 small bag	1 large bag
Italian Style Grated Hard Cheese 7)	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	3481/832	539/129
Fat (g)	26	4
Sat. Fat (g)	12	2
Carbohydrate (g)	97	15
Sugars (g)	23	4
Protein (g)	49	8
Salt (g)	4.29	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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.

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. Fry the Mince

a) Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **pasta**.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

c) When hot, add the **beef mince** and fry, breaking it up with a wooden spoon, until browned, 4-5 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



2. Get Prepped

a) Meanwhile, roughly chop the **mushrooms**.

b) Trim and coarsely grate the **carrot** (no need to peel).

c) When the **beef** is browned, stir in the **Italian herbs, mushrooms** and **carrot**.

d) Cook for another 2 mins.



3. Cook the Sauce

a) Stir in the **Worcester sauce** and simmer until evaporated.

b) Stir in the **finely chopped tomatoes** and **red wine stock pot**.

c) Bring to the boil then reduce the heat and simmer until thick and **tomatoey**, 4-5 mins, stirring occasionally.



4. Cook the Pasta

a) Add the **penne** to your pan of boiling **water** and cook until tender, 12 mins.

b) Once cooked, drain in a colander.



5. Stir in the Spinach

a) Stir the **spinach** through the sauce a handful at a time until wilted.

b) Add the **cooked pasta** and stir to combine. **TIP:** Add a splash of water if your sauce needs loosening!



6. Finish and Serve

a) Season to taste with **salt** and **pepper** then serve the **penne ragu** in bowls sprinkled with the **hard Italian cheese**.

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.