



Spooky Spaghetti with Beetroot and Pork Ragu

Classic 30 Minutes • Little Heat • 1.5 of your 5 a day

5



Onion



Cooked Beetroot



Pork Mince



Smoked Paprika



Chilli Flakes



Finely Chopped Tomatoes



Chicken Stock Powder



Spaghetti



Flat Leaf Parsley



Cheddar Cheese



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools, you will need:

Coarse Grater, Frying Pan, Saucepan, Measuring Jug, Saucepan, 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 sachet	1 large sachet	2 small sachets
Chilli Flakes	a pinch	a pinch	a pinch
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Ragu*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Spaghetti 13)	200g	300g	400g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cheddar Cheese 7)**	30g	45g	60g
Grated Hard Italian Style Cheese 7) 8)**	1 pack	1 pack	2 packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	658g	100g
Energy (kJ/kcal)	4125/986	627/150
Fat (g)	39	6
Sat. Fat (g)	17	3
Carbohydrate (g)	102	16
Sugars (g)	25	4
Protein (g)	53	8
Salt (g)	2.38	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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 it from staining your hands!**



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, breaking it up with a wooden spoon as it cooks, 5-6 mins. **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 separate large saucepan with ½ tsp of **salt**. Bring back to boil on high heat.



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.



Cook the Pasta

Meanwhile, 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** and stir through to stop it sticking together. Turn your grill on to high.



Bake the Spaghetti!

While that's cooking, roughly chop the **parsley** (stalks and all) and 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 drained **spaghetti** to the **sauce** and stir to combine. Transfer the **saucy pasta** into an ovenproof dish and sprinkle over both the **Cheddar**, the **grated hard Italian style cheese** and the remaining **parsley**. Pop under the grill until the **cheese** has melted and the top is turning golden, 3-5 mins.



Dish Up!

Once your **pasta** is out of the oven, serve into big bowls and dig in!

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.