



Tomato-Garlic Beef Ragu

with Courgette, Spaghetti and Italian Cheese



HELLO SPAGHETTI

Predictably, Italy is the country that eats the most pasta but the next two are Tunisia and Venezuela!



Courgette



Red Onion



Dried Thyme



Easy Garlic



Beef Mince



Spaghetti



Chopped Tomatoes



Worcester Sauce



Hard Italian Cheese

MEAL BAG

25 mins

5 of your 5 a day

Long day? Too tired to cook? We know the feeling. At HelloFresh we believe that being short of time or stuck in a recipe rut shouldn't stop you from cooking and enjoying great food. Packed with fresh, delicious flavours and good-for-you ingredients, our speedy beef ragu is about to become your favourite quick-fix recipe. When you can get full on flavour in double quick time, you know you're onto a winner. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a, **Frying Pan**, **Large Saucepan** and **Colander**. Now, let's get cooking!



1 PREP THE VEGGIES

- Boil your kettle.
- Remove the top and bottom from the **courgette**. Halve lengthways and slice into half moons.
- Halve, peel and thinly slice the **red onion** into half moons.



2 BROWN THE MINCE

- Put a splash of **oil** in a frying pan on medium-high heat and add the **beef mince**. Cook until browned, 5 mins. Use a wooden spoon to break it up as it cooks.
- Season with a pinch of **salt** and a good grind of **black pepper**.



3 ADD THE VEGGIES

- Add the **courgette, onion, dried thyme** and **garlic**. Cook, stirring frequently until everything softens, 4 mins.



4 COOK THE SPAGHETTI

- Meanwhile, pour the boiling water from your kettle into a large saucepan with a pinch of **salt**. Put it on high heat.
- Add the **spaghetti** to the boiling water and cook until 'al dente', about 10 mins.
★ **TIP:** *Al dente* simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.



5 SIMMER THE RAGU

- Once the **veggies** have softened add the **chopped tomatoes** and **Worcester sauce**. **TIP:** *Add a glug of red wine to the ragu if you have some, it will add a great depth of flavour!*
- Simmer on medium heat until the **ragu** thickens, 7 mins.



6 FINISH AND SERVE

- Drain the **pasta** in a colander and toss it in the **ragu** before serving in bowls
- Sprinkle over the hard Italian **cheese**. Buon appetito!

2 PEOPLE INGREDIENTS

Courgette, sliced	1
Red Onion, sliced	1
Beef Mince	250g
Dried Thyme	1 tbsp
Easy Garlic	1 sachet
Spaghetti 1)	200g
Finely chopped tomatoes with Basil	1 carton
Worcester Sauce	1 tbsp
Hard Italian Cheese 7)	20g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	759	120
(kJ)	3203	506
Fat (g)	17	3
Sat. Fat (g)	7	1
Carbohydrate (g)	99	16
Sugars (g)	23	4
Protein (g)	49	8
Salt (g)	2.6	0.41

ALLERGENS

1)Gluten 7)Milk

Worcester Sauce: Water, spirit vinegar, sugar, onion, salt, tamarind paste, cloves, ginger, garlic, malt extract

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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