



Italian Beef Ragu & Gnocchi

with Parmesan Cheese & Flaked Almonds

HALL OF FAME

BESTSELLER

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Soffritto Mix



Beef Mince



Italian Herbs



Nan's Special Seasoning



Tomato Sugo



Chicken Stock Pot



Gnocchi



Baby Spinach Leaves



Shaved Parmesan Cheese



Flaked Almonds



Parsley



Diced Bacon

Prep in: 20-30 mins
Ready in: 35-45 mins

This sumptuous pasta is truly decadence in a bowl. From rich, saucy ragu to pillowy gnocchi, you may have to throw dice for the leftovers. Don't forget your Parmesan and almonds to finish it off!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
soffritto mix	1 medium bag	1 large bag
beef mince	1 small packet	2 small packets OR 1 large packet
Italian herbs	1 sachet	2 sachets
Nan's special seasoning	1 medium sachet	1 large sachet
brown sugar*	½ tbs	1 tbs
tomato sugo	1 medium packet	2 medium packets
water*	⅓ cup	⅔ cup
chicken stock pot	½ packet (10g)	1 packet (20g)
gnocchi	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
diced bacon**	1 packet (90g)	1 packet (180g)

* Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3170kJ (758Cal)	484kJ (116Cal)
Protein (g)	47.6g	7.3g
Fat, total (g)	22g	3.4g
- saturated (g)	8.9g	1.4g
Carbohydrate (g)	88g	13.4g
- sugars (g)	20.1g	3.1g
Sodium (mg)	3291mg	503mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3558kJ (850Cal)	508kJ (121Cal)
Protein (g)	54.5g	7.8g
Fat, total (g)	28.7g	4.1g
- saturated (g)	11.4g	1.6g
Carbohydrate (g)	88.8g	12.7g
- sugars (g)	20.6g	2.9g
Sodium (mg)	3721mg	532mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Finely chop **garlic**.



Start the ragu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Add **beef mince**, breaking up mince with a spoon, until browned, **3-4 minutes**.
- Add **garlic**, **Italian herbs** and **Nan's special seasoning** and cook until fragrant, **1 minute**.

TIP: For best results, drain the oil from the pan before adding the garlic.

Custom Recipe: If you've added diced bacon, cook diced bacon with beef mince, breaking up with a spoon, 5-6 minutes. Add garlic and continue as above.



Finish the ragu

- Stir in the **brown sugar**, **tomato sugo**, the **water** and **chicken stock pot** (see ingredients).
- Reduce heat to low and simmer for **2-3 minutes**.



Cook the gnocchi

- While ragu is simmering, heat a generous drizzle of **olive oil** in a second large frying pan over medium-high heat.
- Add **gnocchi** in a single layer and cook, tossing occasionally, until golden, **6-8 minutes**. Transfer to a paper towel-lined plate.

TIP: If the gnocchi doesn't fit in a single layer, cook in batches so it becomes golden. Add extra olive oil if necessary.



Bring it all together

- Add **gnocchi** and **baby spinach leaves** to the beef ragu. Stir to coat.



Serve up

- Divide the Italian beef ragu and gnocchi between bowls.
- Sprinkle with **shaved Parmesan cheese** and **flaked almonds**.
- Tear over **parsley** to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate