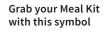


# Italian Beef Ragu & Gnocchi with Parmesan Cheese & Flaked Almonds

HALL OF FAME

BESTSELLER

KID FRIENDLY











Soffritto Mix





**Beef Mince** 

Italian Herbs





Nan's Special Seasoning

Tomato Sugo





Chicken Stock

Gnocchi







Baby Spinach

Shaved Parmesan Cheese







Flaked Almonds





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!



## 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

9		
	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)

<sup>\*</sup>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)	<b>508kJ</b> (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

2023 | CW30

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!



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

