



# Beef & Veggie Ragu Spaghetti

with Garlic Pangrattato

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Celery



Carrot



Panko Breadcrumbs



Garlic & Herb Seasoning



Spaghetti



Tomato Paste



Italian Herbs



Baby Spinach Leaves



Beef Mince



Beef Stock Pot



Grated Parmesan Cheese

Prep in: **30-40** mins  
Ready in: **40-50** mins

In Italian cuisine, 'ragu' is a meat-based sauce served with pasta. We've infused this much-loved sauce with garlic and veggies to bring a guaranteed hit to your table.

### Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
brown onion	1	2
celery	1 medium packet	1 large packet
carrot	1	2
panko breadcrumbs	½ medium packet	1 medium packet
beef mince	1 small packet	1 medium packet
tomato paste	2 packets	4 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
spaghetti	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
<b>brown sugar*</b>	½ tbs	1 tbs
<b>balsamic vinegar*</b>	1 tsp	2 tsp
beef stock pot	1 packet (20g)	1 packet (40g)
Italian herbs	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4692kJ (1121Cal)	639kJ (152Cal)
Protein (g)	50.2g	6.8g
Fat, total (g)	50.1g	6.8g
- saturated (g)	26.1g	3.6g
Carbohydrate (g)	110.7g	15.1g
- sugars (g)	31.5g	4.3g
Sodium (mg)	1961mg	267mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Bring a large saucepan of salted water to the boil. Finely chop **garlic**, **brown onion** and **celery**. Grate **carrot**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Toast **panko breadcrumbs** (see ingredients), tossing, until golden, **2-3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl.



## Finish the ragu

- To the frying pan with the **beef**, add the **butter**, the **brown sugar**, the **balsamic vinegar** and some of the reserved **pasta water**.
- Stir through **beef stock pot** and **Italian herbs**.
- Reduce heat to medium, then simmer until slightly thickened, **4-6 minutes**.

**TIP:** Add a splash more pasta water if the sauce looks dry!



## Start the ragu

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, **celery** and **carrot**, stirring, until softened, **4-5 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.
- Add **tomato paste**, **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**.

**TIP:** For best results, drain the oil from the pan before adding the tomato paste.



## Bring it all together

- Add drained **spaghetti**, **baby spinach leaves** and **grated Parmesan cheese**. Toss to coat. Season to taste.



## Cook the pasta

- Meanwhile, cook **spaghetti** in the saucepan of boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (3/4 cup for 2 people / 1 1/2 cups for 4 people), then drain **pasta** and return to the saucepan.
- Drizzle with **olive oil** to prevent sticking.

**Little cooks:** Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



## Serve up

- Divide beef and veggie ragu spaghetti between bowls.
- Serve sprinkled with garlic pangrattato. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the pangrattato!

## We're here to help!

Scan here if you have any questions or concerns



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