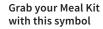


Beef & Veggie Ragu Spaghetti with Garlic Pangrattato













Celery





Panko Breadcrumbs



Seasoning



Spaghetti



Tomato Paste





Baby Spinach

Italian Herbs







Grated Parmesan



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

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	2 People	4 People	
olive oil*	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 packetss	
garlic & herb seasoning	1 medium sachet	1 large sachet	
spaghetti	1 medium packet	1 large packet	
butter*	40g	80g	
brown sugar*	½ tbs	1 tbs	
balsamic vinegar*	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 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.



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.



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!



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!



Bring it all together

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



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!

