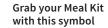


# Beef & Veggie Ragu Spaghetti with Garlic Pangrattato

KID FRIENDLY











Seasoning



Spaghetti



Passata





Italian Herbs





**Baby Spinach** 



**Beef Mince** 



Chicken Stock



Cheese



Shaved Parmesan



#### **Pantry items**

## 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

<b>-</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
panko breadcrumbs	½ medium packet	1 medium packet
garlic paste	1 packet	2 packets
soffritto mix	1 medium bag	1 large bag
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
spaghetti	1 medium packet	1 large packet
passata	2 boxes	4 boxes
butter*	30g	60g
brown sugar*	1 tsp	2 tsp
balsamic vinegar*	1 tsp	2 tsp
chicken stock pot	1 packet (20g)	2 packets (40g)
Italian herbs	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
shaved Parmesan cheese	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

### **Nutrition**

Per Serving	Per 100g
4016kJ (960Cal)	691kJ (165Cal)
48.2g	8.3g
38.1g	6.6g
17.8g	3.1g
99.3g	17.1g
20.2g	3.5g
1896mg	326mg
	4016kJ (960Cal) 48.2g 38.1g 17.8g 99.3g 20.2g

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.
- 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 paste and cook, stirring, 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 soffritto mix, stirring occasionally, until softened, 4-5 minutes.
- Add beef mince and cook, breaking up with a spoon, until browned, 4-5 minutes.
- Add garlic & herb seasoning and remaining garlic paste and cook until fragrant, 1 minute.



# Cook the pasta

- Meanwhile, cook spaghetti in the saucepan of boiling water, until 'al dente', 10 minutes.
- Reserve some pasta water (1/2 cup for 2 people / 1 cup for 4 people), then drain and return the pasta 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 passata, the butter, the brown sugar, the balsamic vinegar and some of the reserved pasta water.
- Stir through chicken 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 shaved 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!

