



Beef & Veggie Ragu Spaghetti












with Garlic Pangrattato

KID FRIENDLY



Grab your Meal Kit
with this symbol



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| 
Panko Breadcrumbs | 
Garlic & Herb Seasoning |
| 
Spaghetti | 
Passata |
| 
Italian Herbs | 
Baby Spinach Leaves |
| 
Garlic Paste | 
Soffritto Mix |
| 
Beef Mince | 
Chicken Stock Pot |
| 
Shaved Parmesan Cheese | |

Prep in: **30-40** mins
Ready in: **35-45** 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
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4016kJ (960Cal)	691kJ (165Cal)
Protein (g)	48.2g	8.3g
Fat, total (g)	38.1g	6.6g
- saturated (g)	17.8g	3.1g
Carbohydrate (g)	99.3g	17.1g
- sugars (g)	20.2g	3.5g
Sodium (mg)	1896mg	326mg

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



1



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.

4



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!

2



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**.

5



Bring it all together

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

3



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!

6



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!

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