



# Dinner - Beef & Veggie Ragu with Gnocchi

## Lunch - Mexican Cheesy Beef Chilli Rice Bowl

Grab your Meal Kit with this symbol



Celery



Garlic



Carrot



Zucchini



Italian Herbs



Beef Mince



Tomato Paste



Caramelised Onion Chutney



Diced Tomatoes



Beef Stock



Baby Spinach Leaves



Gnocchi



Mexican Fiesta Spice Blend



Parsley



Shaved Parmesan Cheese

### FOR YOUR LUNCH



Microwavable Basmati Rice



Shredded Cheddar Cheese



Greek Yoghurt

### Pantry items

Olive Oil, Brown Sugar



**DINNER**  
Hands-on: **40-50 mins**  
Ready in: **45-55 mins**



**LUNCH**  
Ready in: **10 mins**  
Spicy (Mexican Fiesta spice blend)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! For dinner, enjoy an Italian beef ragu with gnocchi, then add some Mexican spices to make a beef chilli rice bowl for lunch. Extra delicious!

## 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

Two large frying pans

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	2 stalks	4 stalks
garlic	4 cloves	6 cloves
carrot	1	2
zucchini	1	2
Italian herbs	1 sachet	1½ sachets
beef mince	1 medium packet	1 medium & 1 small packet
tomato paste	1 sachet	1½ sachets
brown sugar*	2 tsp	3 tsp
caramelised onion chutney	1 packet (40g)	2 packets (80g)
diced tomatoes	2 tins	3 tins
beef stock	2 cubes	3 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)
gnocchi	¾ packet (375g)	1½ packets (750g)
Mexican Fiesta spice blend	1 sachet	1 sachet
parsley	1 bag	1 bag
shaved Parmesan cheese	1 packet	2 packets
microwavable basmati rice	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (50g)
Greek yoghurt	2 packets (200g)	2 packets (200g)

\*Pantry Items

## Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	2660kJ (636Cal)	394kJ (94Cal)
Protein (g)	43.1g	6.4g
Fat, total (g)	12.6g	1.9g
- saturated (g)	6.8g	1.0g
Carbohydrate (g)	79.3g	11.7g
- sugars (g)	14.8g	2.2g
Sodium (mg)	1830mg	271mg

## LUNCH

Energy (kJ)	3070kJ (734Cal)	424kJ (101Cal)
Protein (g)	43.4g	6.0g
Fat, total (g)	25.2g	3.5g
- saturated (g)	12.9g	1.8g
Carbohydrate (g)	78.9g	10.9g
- sugars (g)	40.6g	5.6g
Sodium (mg)	1040mg	143mg

## 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.

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## DINNER



### 1. Get prepped & start cooking

Finely chop the **celery**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Grate the **zucchini**. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **celery** and **carrot** and cook, stirring, until softened, **5 minutes**.



### 4. Divide the beef

**SPICY!** The spice blend is hot, use less if you're sensitive to heat. Reserve **two portions** of ragu in the frying pan for lunch. Add the **remaining ragu** to the **gnocchi** and toss to coat. Return the **reserved ragu** to a medium-high heat. Push the ragu to one side and add a **drizzle of olive oil** in the empty space. Add the **Mexican Fiesta spice blend** to the oil and stir until fragrant, **1-2 minutes**. Stir to combine the **ragu** and **spice blend**. Set aside.



### 2. Finish the ragu

Add the **garlic** and **Italian herbs** (see ingredients list) and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4 minutes**. Add the **tomato paste** (see ingredients list) and cook for **1 minute**. Add the **brown sugar**, **caramelised onion chutney**, **diced tomatoes**, **zucchini** and crumbled **beef stock** (**2 cubes for 2 people / 3 cubes for 4 people**). Simmer until thickened, **10 minutes**. Season with **salt** and **pepper**. Add a **splash of water** if needed. Stir in the **baby spinach leaves** until wilted.



### 5. Serve up dinner

Roughly chop the **parsley** leaves. Divide the **beef** and **veggie ragu** and **gnocchi** between bowls. Sprinkle with the **parsley** and **shaved Parmesan cheese**.



### 3. Cook the gnocchi

While the ragu is cooking, heat a **generous drizzle of olive oil** in a large frying pan over medium-high heat. When the oil is hot, add the **gnocchi** (see ingredients list) in a single layer and fry, tossing occasionally, until golden, **8-10 minutes**. Season with **salt** and **pepper**.

**TIP:** If the gnocchi doesn't fit in a single layer, fry in batches so it becomes golden, adding extra olive oil if necessary.



### 6. Prepare your lunch

When you're ready to pack lunch, divide the **microwavable basmati rice** between two microwavable containers (no need to heat the rice!). Top with the **Mexican beef chilli** and **shredded Cheddar cheese**. Pack the **Greek yoghurt** and **Mexican beef chilli rice** bowls separately and refrigerate. At lunch, microwave the **Mexican beef chilli rice** for **2-3 minutes** or until piping hot. Top with **Greek yoghurt**.

Enjoy!