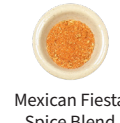
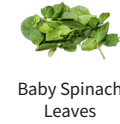
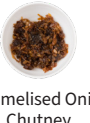
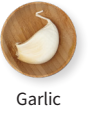


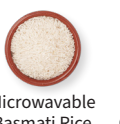
Dinner - Beef & Veggie Ragu with Gnocchi

Lunch - Mexican Cheesy Beef Chilli Rice Bowl

Grab your Meal Kit with this symbol



For your lunch



Pantry items

Olive Oil, Brown Sugar

AB

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	1 stalk	2 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	1½ packet
Mexican Fiesta spice blend	1 sachet	1 sachet
parsley	1 bag	1 bag
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
microwavable basmati rice	1 packet	1 packet
shredded Cheddar cheese	1 medium packet	1 medium packet
Greek-style yoghurt	2 packets (200g)	2 packets (200g)

*Pantry Items

Nutrition

Dinner

Avg Qty	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 (g)	1830mg	271mg

Lunch

Avg Qty	Per Serving	Per 100g
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

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

Finely chop the **celery**. Finely chop the **garlic**. Grate the **carrot**. Grate the **zucchini**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **celery, onion** and **carrot**, stirring, until softened, **5 minutes**.



Divide the beef

SPICY! You may find the spice blend hot! Feel free to add 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.



Cook the ragu

Add the **garlic** and **Italian herbs** (see ingredients) 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) 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.



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**.



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, fry the **gnocchi** (see ingredients) in a single layer, tossing occasionally, until golden, **8-10 minutes**. Season.

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



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-style 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 the **yoghurt**.

Enjoy!