



Cheat's Italian Beef Ragu

with Creamy Mash & Green Beans

Grab your Meal Kit with this symbol



Potato



Garlic



Green Beans



Brown Onion



Carrot



Beef Mince



Tomato Paste



Italian Herbs



Passata



Beef Stock



Grated Parmesan Cheese

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Naturally gluten-free
Not suitable for Coeliacs

The epitome of a classic and comforting Italian feast! When tasty beef mince is coupled with rich tomato paste, saucy passata and our fragrant Italian herb blend, this dinner is enough to make even the most traditional Italian envious!

Pantry items

Olive Oil, Milk, Butter

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
green beans	1 bag (200g)	1 bag (400g)
brown onion	½	1
carrot	1	2
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
beef mince	1 small packet	1 large packet
tomato paste	1 sachet	2 sachets
Italian herbs	½ sachet	1 sachet
passata	1 box (200g)	2 boxes (400g)
water*	¼ cup	½ cup
beef stock	1 cube	2 cubes
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3069kJ (733Cal)	417kJ (99Cal)
Protein (g)	43.7g	5.9g
Fat, total (g)	37.6g	5.1g
- saturated (g)	19.3g	2.6g
Carbohydrate (g)	49g	6.7g
- sugars (g)	20g	2.7g
Sodium (mg)	1339mg	182mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Bring a large saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **garlic** (or use a garlic press). Trim the **green beans**. Thinly slice the **brown onion**. Grate the **carrot** (unpeeled).



2. Make the mash

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, **salt** and the **butter** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



3. Cook the green beans

In a large frying pan heat a **drizzle** of **olive oil** over a medium-high heat. Add the **green beans** and cook, tossing regularly, until tender, **5-6 minutes**. Season with a **pinch** of **salt** and **pepper** and transfer to a small bowl. Cover to keep warm.



4. Make the ragu

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**. Add the **onion** and **carrot** and cook, stirring regularly, until softened, **4-5 minutes**. Add the **tomato paste**, **garlic** and **Italian herbs** (see **ingredients list**) and cook until fragrant, **1 minute**. Add the **passata**, **water** and crumbled **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**).



5. Simmer the ragu

Bring to the boil, then reduce the heat to medium-low and simmer until slightly thickened, **4-5 minutes**. Season to taste with **salt** and **pepper**.

TIP: If the sauce is too thick, stir through a dash of water.



6. Serve up

Divide the mashed potato, green beans and beef ragu between plates. Sprinkle over the **grated Parmesan cheese**.

Enjoy!