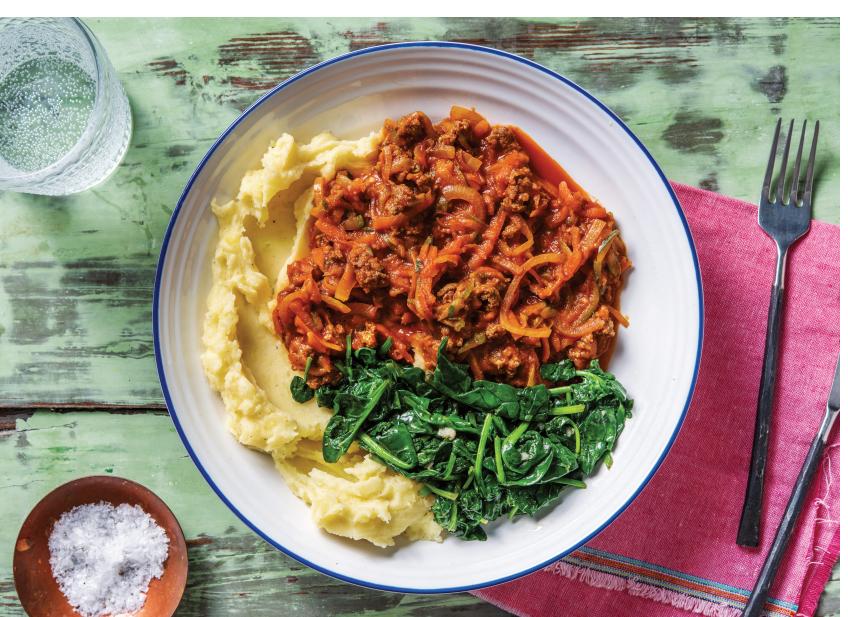
# Cheat's Rosemary Beef Ragu

with Mash & Garlic Spinach

**Grab your Meal Kit** with this symbol











Rosemary

**Brown Onion** 



Carrot

Zucchini



Baby Spinach Leaves

**Beef Mince** 







**Tomato Paste** 

Passata



Vegetable Stock

Hands-on: 30-40 mins Ready in: 40-50 mins

**Low Calorie** 



There's no shame in taking a shortcut for dinner. We're on the side of the can't-wait-to-tuck-inners, which is why we think this easy ragu with that slow-cooked intensity of flavour is such a winner.

Pantry items Olive Oil, Butter, Milk

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	⅓ cup
salt*	1/4 tsp	½ tsp
garlic	2 cloves	4 cloves
rosemary	½ bunch	1 bunch
brown onion	1	2
zucchini	1	2
carrot	1	2
baby spinach leaves	1 bag (120g)	1 bag (240g)
beef mince	1 packet	1 packet
tomato paste	1 packet	2 packets
passata	1 box (200g)	2 boxes (400g)
water*	1½ tbs	3 tbs
vegetable stock	1 cube	2 cubes

<sup>\*</sup>Pantry Items

### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2290kJ (547Cal)	275kJ (66Cal)
Protein (g)	39.7g	4.8g
Fat, total (g)	16.8g	2.0g
- saturated (g)	8.5g	1.0g
Carbohydrate (g)	51.7g	6.2g
- sugars (g)	19.6g	2.4g
Sodium (g)	1550mg	186mg

## **Allergens**

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 



## 1. Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. 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 pan. Add the **butter**, **milk** and **salt** and mash with a potato masher or fork until smooth. Cover with a lid to keep warm and set aside.

**TIP:** For the low-calorie option, reduce the butter in the mash to 15g for 2 people / 30g for 4 people.



## 2. Get prepped

While the potato is cooking, finely chop the **garlic** (or use a garlic press). Pick the **rosemary** leaves (**see ingredients list**) and finely chop. Thinly slice the **brown onion**. Grate the **zucchini** and **carrot** (unpeeled).

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily.



# 3. Cook the spinach

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **baby spinach leaves** and cook until just wilted, **2-3 minutes**. Transfer to a small bowl and season with **salt** and **pepper**. Cover to keep warm.



# 4. Start the ragu

Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the onion, zucchini and carrot and cook, stirring often, until softened, 4-5 minutes. Add the beef mince and cook, breaking up with a spoon, until just browned, 3-4 minutes. Add the tomato paste, rosemary and the remaining garlic and cook until fragrant, 1 minute.



# 5. Finish the ragu

Add the passata, water and crumbled vegetable stock (1 cube for 2 people / 2 cubes for 4 people) to the frying pan. Bring to the boil, then reduce the heat to medium-low and simmer until thickened, 4-5 minutes. Season to taste with salt and pepper.

**TIP:** If you prefer a looser sauce, stir through a dash of water.



## 6. Serve up

Divide the mashed potato, garlic spinach and rosemary beef ragu between plates.

**Enjoy!**