



Cheat's Rosemary Beef Ragu

with Mash & Garlic Spinach

Grab your Meal Kit with this symbol



Potato



Garlic



Rosemary



Brown Onion



Zucchini



Carrot



Baby Spinach Leaves



Beef Mince



Tomato Paste



Passata



Vegetable Stock



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



Naturally gluten-free
Not suitable for Coeliacs



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	½ cup
salt*	¼ 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

*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](https://www.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!