



Summer-Style Italian Beef Ragu

with Cherry Tomatoes and Parmesan



Crisp up garlic in the pan



Angel Hair Pasta



Cherry Tomatoes



Beef Mince



Zucchini



Parmesan Cheese



Parsley



Brown Onion



Tomato Paste



Rustic Herb Spice Blend



Beef Stock



Garlic

Hands-on: 20 mins
Ready in: 35 mins

Angel hair pasta is just how it sounds: heavenly. With a little help from sweet cherry tomatoes and crispy garlic, you'll be a picture of rich indulgence, all while feeling like you're floating on a cloud. Hallelujah!

Pantry Staples: Olive Oil, Salt, Balsamic Vinegar, Water

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan, chef's knife, chopping board, box grater, large frying pan, wooden spoon, plate** lined with **paper towel** and a **colander**.



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Peel and finely slice the **garlic**. Finely chop the **brown onion**. Grate the **zucchini**. Slice the **cherry tomatoes** in half. Grate the **Parmesan cheese**. Pick and finely chop the **parsley** leaves.



2 MAKE THE CRISPY GARLIC

Add enough **olive oil** to coat the base of a large frying pan and heat over a high heat. Once hot, add the **garlic** and cook, stirring occasionally, for **1-2 minutes**, or until golden. Set the garlic aside on a plate lined with paper towel and leave the oil in the pan. **TIP:** *The garlic will burn quickly, so keep a close eye on it and remove it from the pan as soon as it's golden!*



3 BROWN THE MINCE

Return the frying pan with the garlic oil to a medium-high heat. Add the **brown onion** and cook for **3-4 minutes**, or until softened. Add the **beef mince, rustic herb spice blend, salt (use suggested amount)** and a **good pinch of pepper**. Cook for **5-6 minutes**, breaking up the mince with a wooden spoon, until browned.



4 MAKE THE SAUCE

Add the **tomato paste** and **balsamic vinegar** to the pan with the mince and stir to combine. Add the **water (check ingredients list for the amount)**, crumble in the **beef stock** cube and cook, stirring occasionally, for **5-6 minutes**, or until the liquid has reduced by half. In the **last 1 minute** of sauce cooking time, add the **zucchini** and stir through, cooking until the skin is bright green.



5 COOK THE PASTA

While the sauce is cooking, add the **angel hair pasta (use suggested amount)** to the saucepan of boiling water. **Note: Be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it!** Cook for **4 minutes**, or until 'al dente'. **TIP:** *Stir the pasta occasionally while cooking to ensure it doesn't stick.* Drain and return the pasta to the saucepan. Add a **drizzle of olive oil** to prevent sticking.



6 SERVE UP

Divide the pasta between bowls and spoon over the Italian beef ragu. Add the crispy garlic to the adult's portions. Top with the cherry tomatoes, Parmesan cheese and parsley leaves.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	3 cloves
brown onion	1
zucchini	1
cherry tomatoes	1 punnet
Parmesan cheese	1 block (50 g)
parsley	1 bunch
beef mince	1 packet
rustic herb spice blend	1 sachet (2 tsp)
salt*	¼ tsp
tomato paste	1 sachet (2 tbs)
balsamic vinegar*	1 tbs
water*	1 cup
beef stock	1 cube
angel hair pasta (use suggested amount)	¾ packet (400 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2750kJ (658Cal)	528kJ (126Cal)
Protein (g)	48.5g	9.3g
Fat, total (g)	15.4g	3.0g
- saturated (g)	6.8g	1.3g
Carbohydrate (g)	76.1g	14.6g
- sugars (g)	6.2g	1.2g
Sodium (g)	442mg	85mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK1 | F

