



Hearty Beef Ragu & Wholemeal Fusilli

with Baby Spinach Leaves & Fetta

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Tomato



Brown Onion



Garlic



Wholemeal Fusilli Pasta



Beef Mince



Garlic & Herb Seasoning



Passata



Baby Spinach Leaves



Fetta



Chilli Flakes (Optional)



Diced Bacon

Prep in: **15-25 mins**
Ready in: **20-30 mins**
**Custom Recipe is not Dietitian Approved*

Rich, radiant and ravishing to eat, do we need to say any more about this beef ragu? Stir through a mixture of veggies including tomato and baby spinach for that pop of green, crumble over fetta for a creamy finish and this fusilli ragu is ready to roll!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
wholemeal fusilli pasta	1 medium packet	2 medium packets
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	2 medium sachets
passata	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
fetta	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3184kJ (761Cal)	574kJ (137Cal)
Protein (g)	47.9g	8.6g
Fat, total (g)	25g	4.5g
- saturated (g)	8.8g	1.6g
Carbohydrate (g)	80g	14.4g
- sugars (g)	21.4g	3.9g
Sodium (mg)	989mg	178mg
Dietary Fibre (g)	15.6g	2.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3572kJ (854Cal)	596kJ (142Cal)
Protein (g)	54.8g	9.1g
Fat, total (g)	31.8g	5.3g
- saturated (g)	11.3g	1.9g
Carbohydrate (g)	80.8g	13.5g
- sugars (g)	21.9g	3.7g
Sodium (mg)	1419mg	237mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped & cook the pasta

- Boil the kettle. Roughly chop **tomato**.
- Finely chop **brown onion** and **garlic**.
- Half-fill a large saucepan with boiling water and a pinch of **salt**.
- Cook **wholemeal fusilli pasta** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **pasta**, then return to saucepan. Drizzle with **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

3



Finish the sauce

- Remove pan from heat. Add **cooked fusilli**, **baby spinach leaves**, crumbled **fetta** and a drizzle of **olive oil**.
- Stir to combine. Season to taste.

TIP: Add a splash more pasta water to loosen the sauce mixture, if needed.

2



Start the sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **2-3 minutes**.
- Add **onion** and cook, stirring, until softened, **2-3 minutes**.
- Add **tomato**, **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **passata**, the **brown sugar** and reserved **pasta water** (¼ cup for 2 people / ½ cup for 4 people) and cook until slightly reduced, **2-3 minutes**.

TIP: For best results, drain the oil from the pan before adding the seasoning and tomato!

Custom Recipe: If you've added diced bacon, cook diced bacon with the beef mince, breaking up with a spoon, until browned, 4-5 minutes.

4



Serve up

- Divide beef ragu and wholemeal fusilli between bowls.
- Garnish with **chilli flakes** (if using). Enjoy!

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