



Italian Beef Ragu & Gnocchi

with Parmesan Cheese & Flaked Almonds

HALL OF FAME

BESTSELLER



Grab your Meal Kit with this symbol



Garlic



Soffritto Mix



Beef Mince



Italian Herbs



Nan's Special Seasoning



Passata



Chicken Stock Pot



Gnocchi



Baby Spinach Leaves



Parmesan Cheese



Flaked Almonds



Parsley



Diced Bacon

Prep in: 20-30 mins
Ready in: 35-45 mins

This sumptuous pasta is truly decadence in a bowl. From rich, saucy ragu to pillowy gnocchi, you may have to throw dice for the leftovers. Don't forget your Parmesan and almonds to finish it off!

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

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
soffritto mix	1 medium bag	1 large bag
beef mince	1 small packet	2 small packets OR 1 large packet
Italian herbs	1 medium sachet	2 medium sachets
Nan's special seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
brown sugar*	½ tbs	1 tbs
passata	1 packet	2 packets
water*	⅓ cup	⅔ cup
chicken stock pot	½ packet (10g)	1 packet (20g)
gnocchi	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
Parmesan cheese	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2978kJ (712Cal)	462kJ (110Cal)
Protein (g)	46.1g	7.2g
Fat, total (g)	19.1g	3g
- saturated (g)	8.8g	1.4g
Carbohydrate (g)	84.6g	13.1g
- sugars (g)	18.6g	2.9g
Sodium (mg)	2885mg	448mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3366kJ (804Cal)	488kJ (117Cal)
Protein (g)	53g	7.7g
Fat, total (g)	25.9g	3.8g
- saturated (g)	11.3g	1.6g
Carbohydrate (g)	85.4g	12.4g
- sugars (g)	19.2g	2.8g
Sodium (mg)	3315mg	481mg

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.

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Get prepped

- Finely chop **garlic**.



Start the ragu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Add **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **garlic**, **Italian herbs** and **Nan's special seasoning** and cook until fragrant, **1 minute**.

TIP: For best results, drain the oil from the pan before adding the garlic.

Custom Recipe: If you've added diced bacon, cook diced bacon with the beef mince, breaking up with a spoon, 5-6 minutes. Add garlic and continue as above.



Cook the gnocchi

- While the ragu is simmering, in a second large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Add **gnocchi** in a single layer, tossing occasionally, until golden, **6-8 minutes**. Transfer to a paper towel-lined plate.

TIP: If the gnocchi doesn't fit in a single layer, cook in batches so it becomes golden. Add extra olive oil if necessary.



Bring it all together

- Add **gnocchi** and **baby spinach leaves** to the beef ragu. Toss to coat.



Finish the ragu

- Add the **brown sugar**, **passata**, the **water** and **chicken stock pot** (see ingredients). Reduce heat to low and simmer for **2-3 minutes**.

Serve up

- Divide the Italian beef ragu and gnocchi between bowls.
- Sprinkle with **Parmesan cheese** and **flaked almonds**.
- Tear over **parsley** to serve. Enjoy!

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