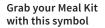


Italian Beef Ragu & Gnocchi with Parmesan Cheese & Flaked Almonds

HALL OF FAME

BESTSELLER













Beef Mince

Italian Herbs





Nan's Special Seasoning

Passata



Chicken Stock

Gnocchi





Baby Spinach

Parmesan Cheese



Flaked Almonds

Parsley



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!

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

4 People thod refer to method
thod refer to method
4 cloves
bag 1 large bag
2 small packets OR 1 large packet
sachet 2 medium sachets
sachet 2 medium sachets OR 1 large sachet
1 tbs
2 packets
⅔ cup
1 packet (20g)
2 packets
g 1 medium bag
packet 1 large packet
packet 1 large packet
1 bag
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.

We're here to help!

Scan here if you have any questions or concerns





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.



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.



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.



Serve up

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



We need your expertise!

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