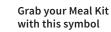
Italian Beef Ragu & Gnocchi with Parmesan Cheese & Flaked Almonds

HALL OF FAME













Beef Mince



Italian Herbs



with Garlic & Onion



Diced Tomatoes





Gnocchi



Parsley

Baby Spinach



Parmesan Cheese







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

9			
	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 sachet	2 sachets	
brown sugar*	½ tbs	1 tbs	
diced tomatoes with garlic & onion	1 box	2 boxes	
vegetable stock pot	½ packet (10g)	1 packet (20g)	
water*	⅓ cup	⅔ cup	
gnocchi	1 packet	2 packets	
baby spinach leaves	1 small bag	1 medium bag	
Parmesan cheese	1 medium packet	1 large packet	
parsley	1 bag	1 bag	
plant-based mince**	1 packet	2 packets	
and the second second			

^{*}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)	2885kJ (690Cal)	466kJ (111Cal)
Protein (g)	34.4g	5.6g
Fat, total (g)	18.5g	3g
- saturated (g)	6g	1g
Carbohydrate (g)	90g	14.5g
- sugars (g)	19.8g	3.2g
Sodium (mg)	3409mg	551mg

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!

2023 | CW42

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 and Italian herbs 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 swapped to plant-based mince, cook plant-based mince in the same way as the beef mince.



Finish the ragu

Add the brown sugar, diced tomatoes
with garlic & onion, vegetable stock pot
(see ingredients) and the water. Reduce heat to
low and simmer for 2-3 minutes.



Cook the gnocchi

- While the ragu is simmering, heat a generous drizzle of olive oil in a second large frying pan over medium-high heat.
- Add gnocchi in a single layer, and cook 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. Stir to combine.



Serve up

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



Our Culinary team is waiting for your feedback!

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