



Italian Beef Ragu & Gnocchi

with Parmesan Cheese & Flaked Almonds

HALL OF FAME



Grab your Meal Kit with this symbol



Garlic



Soffritto Mix



Beef Mince



Italian Herbs



Diced Tomatoes with Garlic & Onion



Vegetable Stock Pot



Gnocchi



Baby Spinach Leaves



Parmesan Cheese



Parsley



Plant-Based Mince

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 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

*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!

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!

Rate your recipe

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