



Easy Nonna's Beef Brisket Ragu & Fettuccine

with Veggies & Parmesan Cheese

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Fettuccine



Zucchini



Carrot



Slow-Cooked Beef Brisket



Garlic Paste



Tomato & Herb Seasoning



Tomato Sugo



Baby Spinach Leaves



Parmesan Cheese



Parmesan Cheese

Prep in: 10-20 mins
Ready in: 25-35 mins

Warm, hearty and tasty are the words that spring to mind when you put beef brisket and fettuccine in the same sentence. This one lives up to these descriptors meaning you'll be at the bottom of the bowl in no time.

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

Pantry items

Olive Oil, Brown Sugar, Butter

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
fettuccine	1 medium packet	2 medium packets
zucchini	1	2
carrot	1	2
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
tomato & herb seasoning	1 sachet	2 sachets
tomato sugo	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
butter**	20g	40g
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3419kJ (817Cal)	596kJ (142Cal)
Protein (g)	48g	8.4g
Fat, total (g)	31.9g	5.6g
- saturated (g)	15.5g	2.7g
Carbohydrate (g)	80.6g	14g
- sugars (g)	14.1g	2.5g
Sodium (mg)	1777mg	310mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3627kJ (867Cal)	618kJ (148Cal)
Protein (g)	52.1g	8.9g
Fat, total (g)	35.5g	6g
- saturated (g)	18.1g	3.1g
Carbohydrate (g)	80.8g	13.8g
- sugars (g)	14.2g	2.4g
Sodium (mg)	1909mg	325mg

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



Cook the fettuccine

- Boil the kettle. Half-fill a large saucepan with the boiling water, add a generous pinch of **salt** and place over high heat.
- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / ⅔ cup for 4 people). Drain **fettuccine**, then return to saucepan.

3



Make the pasta

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic paste** and **tomato & herb seasoning**, stirring until fragrant, **1 minute**. Add **shredded beef** and **carrot** and cook, stirring, until heated through and liquid has evaporated, **4-5 minutes**.
- Stir in **passata**, the **brown sugar**, **butter** and **reserved pasta water**, until slightly reduced, **1-2 minutes**.
- Remove from heat, then stir through **baby spinach leaves**, **cooked zucchini** and **fettuccine**, until combined. Season to taste.

Custom Recipe: If you've doubled your Parmesan cheese, remove from heat, then stir through baby spinach leaves, cooked zucchini, fettuccine and half the Parmesan cheese, until combined. Season to taste.

2



Get prepped

- Meanwhile, thinly slice **zucchini** into half-moons.
- Grate **carrot**.
- Transfer **slow-cooked beef brisket** including the liquid to a bowl and shred using 2 forks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **zucchini**, stirring, until tender, **4-5 minutes**. Transfer to a bowl and season.

4



Serve up

- Divide Nonna's beef brisket ragu and fettuccine between bowls.
- Sprinkle with **Parmesan cheese** to serve. Enjoy!

Custom Recipe: Sprinkle with remaining Parmesan cheese to serve.

Rate your recipe

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