



# Beef Ragu Tortellini with Rocket Salad

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3292kJ (787Cal) | Protein 46.5g | Fat, total 34.2g - saturated 15.3g | Carbohydrate 68.2g - sugars 17g | Sodium 1526mg  
The quantities provided above are averages only.

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2022 | WK50 | V





# Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

## You'll need

(along with the basics)



Large Frying Pan



Large Saucepan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Beef Mince	1 small pkt	1 medium pkt
Garlic Paste	1 pkt	2 pkts
Chicken Stock Pot	1 pkt (20g)	2 pkts (40g)
Spinach & Ricotta Tortellini	1 pkt	2 pkts

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Silverbeet



Beef Mince



Nan's Special Seasoning



Garlic Paste



Passata



Chicken Stock Pot

## 2. Boil



Spinach & Ricotta Tortellini

## 3. Toss



Cucumber



Rocket Leaves



Balsamic Vinaigrette Dressing

- Boil kettle. Chop **silverbeet**
- Heat **olive oil** in a frying pan over high heat. Cook **beef**, breaking up with a spoon, until browned, **3-4 mins**
- Drain **oil** from pan (for best results!), then stir in **seasoning** and **garlic paste**
- Stir through **silverbeet**. Cook until wilted, **1-2 mins**. Stir in **passata** and **stock**. Remove pan from heat

- Pour boiled water into a saucepan over high heat
- Bring to the boil, add **tortellini** and cook until 'al dente', **3 mins**
- Using a slotted spoon, transfer **tortellini** to the frying pan and add a dash of **pasta water**
- Toss to combine, then season

- Roughly chop **cucumber**
- In a bowl, combine **cucumber, salad leaves** and **dressing** (1/2 tub for 2P / 1 tub for 4P). Season
- Plate up **tortellini** with **sauce**
- Serve with **salad**



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