



# Italian-Style Beef Ragu & Spaghetti

with Baby Spinach & Garlic Pangrattato

HARMONY WEEK

KID FRIENDLY



Grab your Meal Kit with this symbol



Carrot



Brown Onion



Celery



Panko Breadcrumbs



Garlic Paste



Beef Mince



Garlic & Herb Seasoning



Spaghetti



Passata



Beef Stock Pot



Italian Herbs



Baby Spinach Leaves



Shaved Parmesan Cheese



Diced Bacon

Prep in: 30-40 mins  
Ready in: 35-45 mins

A little over 200 years since its inception in Italy, ragu has become one of the most popular Italian dishes worldwide. To mark Harmony Week, we've infused this much-loved sauce with garlic, herbs and veggies, to make an 'al dente' spaghetti dish that even Nonna would be proud of!

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

### Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar



## Before you start

Remember to wash your hands for 20 seconds.

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

## You will need

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
brown onion	1	2
celery	1 medium packet	1 large packet
panko breadcrumbs	½ medium packet	1 medium packet
garlic paste	1 packet	2 packets
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
spaghetti	1 medium packet	1 large packet
passata	2 boxes	4 boxes
<b>butter*</b>	30g	60g
<b>brown sugar*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b>	1 tsp	2 tsp
beef stock pot	1 packet (20g)	1 packet (40g)
Italian herbs	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4152kJ (992Cal)	580kJ (139Cal)
Protein (g)	49.4g	6.9g
Fat, total (g)	38.1g	5.3g
- saturated (g)	17.8g	2.5g
Carbohydrate (g)	107.4g	15g
- sugars (g)	28g	3.9g
Sodium (mg)	1943mg	271mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4541kJ (1085Cal)	597kJ (143Cal)
Protein (g)	56.2g	7.4g
Fat, total (g)	45g	5.9g
- saturated (g)	20.3g	2.7g
Carbohydrate (g)	108.3g	14.2g
- sugars (g)	28.5g	3.7g
Sodium (mg)	2375mg	312mg

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](https://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

2023 | CW11



## Get prepped

- Bring a large saucepan of salted water to the boil.
- Finely chop **carrot**, **brown onion** and **celery**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Toast **panko breadcrumbs** (see ingredients), tossing, until golden, **2-3 minutes**.
- Add 1/2 the **garlic paste** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl.



## Finish the ragu

- To the frying pan with the **beef**, add **passata**, the **butter**, the **brown sugar**, the **balsamic vinegar** and some of the reserved **pasta water**.
- Stir through **beef stock pot** and **Italian herbs**.
- Reduce heat to medium, then simmer until slightly thickened, **4-6 minutes**.

**TIP:** Add a splash more pasta water if the sauce looks dry!



## Start the ragu

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **onion** and **celery**, stirring occasionally, until softened, **4-5 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.
- Add **garlic & herb seasoning** and remaining **garlic paste** and cook until fragrant, **1 minute**.

**TIP:** For best results drain oil from pan before adding the seasoning.

**Custom Recipe:** If you've added diced bacon, add bacon with the veggies and cook as above.



## Bring it all together

- Add drained **spaghetti**, **baby spinach leaves** and **shaved Parmesan cheese**. Toss to coat. Season to taste.



## Cook the pasta

- Meanwhile, cook **spaghetti** in the saucepan of boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return the **pasta** to the saucepan.
- Drizzle with **olive oil** to prevent sticking.

**Little cooks:** Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



## Serve up

- Divide Italian-style beef ragu spaghetti between bowls.
- Serve sprinkled with garlic pangrattato. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the pangrattato!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)