



Cheat's Lamb & Tomato Ragu

with Fettuccine & Parmesan Cheese



Master a quick tomato ragu



Brown Onion



Carrot



Garlic



Thyme



Parsley



Lamb Leg



Tomato Paste



Diced Tomatoes



Fettuccine



Parmesan Cheese

Pantry Staples



Olive Oil



Red Wine or Red Wine Vinegar



Salt

Hands-on: 30 mins
Ready in: 35 mins

We say cheat's ragu – there's really no shame in a shortcut at dinnertime though. We're for the can't-wait-to-tuck-inners, which is why we think this easy pasta that tastes of slow cooked intensity is such a winner.

BEFORE YOU START

You will need: **large saucepan, chef's knife, chopping board, garlic crusher, large frying pan, tongs, plate, aluminium foil, wooden spoon, colander** and **fine grater**. Let's start cooking the **Cheat's Lamb & Tomato Ragu with Fettucine & Parmesan Cheese**



1 GET PREPPED

Put a large saucepan of salted water on to boil. Finely dice the **brown onion**. Finely dice the **carrot**. Peel and crush the **garlic**. Pick and finely chop the **thyme** leaves. Finely chop the **parsley** leaves.



2 COOK THE LAMB

Heat the **olive oil** in a large frying pan over a medium-high heat. Season the **lamb leg steaks** with **salt** and **pepper** and cook for **2 minutes** on each side for medium rare or until cooked to your liking. Transfer to a plate and cover with aluminium foil to rest for **10 minutes**. Thinly slice.

TIP: Resting the lamb before slicing ensures all the moisture is kept in, meaning it will be juicy and delicious!



3 COOK THE TOMATO RAGU

+ While the lamb is resting, add the **brown onion** and **carrot** to the same frying pan and cook for **5 minutes**, or until softened. Add the **garlic** and **thyme** and cook for **1-2 minutes**, or until fragrant. Add the **red wine** (or red wine vinegar) and cook until most of the liquid has evaporated. Add the **tomato paste, diced tomatoes** and **salt** and season with **black pepper**. Reduce the heat and simmer for **5 minutes** until thickened.



4 COOK THE PASTA

Meanwhile, add the **fettuccine** to the boiling water and cook for **10 minutes**, or until 'al-dente'. Drain and drizzle with **olive oil** to stop it sticking. Finely grate the **Parmesan cheese**.

TIP: Ensure you use the suggested amount of pasta, in order for your dish to be balanced. Just the way we planned it!



5 COMBINE THE INGREDIENTS

Remove the tomato ragu from the heat and stir through the sliced **lamb**.



6 SERVE UP

Divide the fettuccine between bowls and top with the cheat's lamb and tomato ragu. Sprinkle over the Parmesan cheese and the parsley.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
brown onion	½	1
carrot	1	2
garlic	2 cloves	4 cloves
thyme	1 bunch	2 bunches
parsley	1 bunch	2 bunches
olive oil*	1 tbs	2 tbs
lamb leg	2 steaks	4 steaks
red wine* (optional – substitute with 1 tbs/2 tbs red wine vinegar)	½ cup	1 cup
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
diced tomatoes	1 tin (400g)	2 tins (800g)
salt*	½ tsp	1 tsp
fettuccine (note: using extra pasta will alter the flavour of the dish)	200g (½ block)	400g (1 block)
Parmesan cheese	25g	50g

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3510kJ (838Cal)	490kJ (117Cal)
Protein (g)	53.6g	7.5g
Fat, total (g)	21.5g	3.0g
- saturated (g)	7.9g	1.1g
Carbohydrate (g)	87.1g	12.2g
- sugars (g)	14.3g	2.0g
Sodium (g)	784mg	109mg

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