

Cheat's Lamb & Tomato Ragu

with Fettucine & Parmesan Cheese











Brown Onion



Carrot



Thyme









Diced Tomatoes

Tomato Paste



Fettuccine



Parmesan Cheese

Pantry Staples

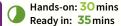






Red Wine or Red Wine





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.

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.



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!



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.



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!

INGREDIENTS

	2P	4P
brown onion 👁	1/2	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

IUTRITION	PER SERVING	PER 100G
nergy (kJ)	3510kJ (838Cal)	490kJ (117Cal)
rotein (g)	53.6g	7.5g
at, total (g)	21.5g	3.0g
saturated (g)	7.9g	1.1g
arbohydrate (g)	87.1g	12.2g
sugars (g)	14.3g	2.0g
odium (g)	784mg	109mg

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2017 | WK16 | C5

