



Italian Beef Ragu & Gnocchi

with Parmesan Cheese & Flaked Almonds

HALL OF FAME

Grab your Meal Kit with this symbol



Garlic



Carrot



Beef Mince



Italian Herbs



Nan's Special Seasoning



Diced Tomatoes with Garlic & Onion



Chicken Stock Pot



Gnocchi



Baby Spinach Leaves



Shaved Parmesan Cheese



Flaked Almonds



Parsley



Diced Bacon

Prep in: **20-30 mins**
Ready in: **35-45 mins**

This sumptuous pasta is truly decadence in a bowl. From rich, saucy ragu to pillowy gnocchi, you may have to throw dice for the leftovers! Don't forget your Parmesan and almonds to finish it off!

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

Pantry items

Olive Oil, Brown Sugar

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

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
beef mince	1 small packet	1 medium packet
Italian herbs	1 medium sachet	2 medium sachets
Nan's special seasoning	1 medium sachet	1 large sachet
brown sugar*	½ tbs	1 tbs
diced tomatoes with garlic & onion	1 box	2 boxes
water*	⅓ cup	⅔ cup
chicken stock pot	½ packet	1 packet
gnocchi	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3173kJ (758Cal)	485kJ (116Cal)
Protein (g)	47.5g	7.3g
Fat, total (g)	21.9g	3.3g
- saturated (g)	8.9g	1.4g
Carbohydrate (g)	88.1g	13.5g
- sugars (g)	20.2g	3.1g
Sodium (mg)	3292mg	503mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3563kJ (852Cal)	509kJ (122Cal)
Protein (g)	54.2g	7.7g
Fat, total (g)	28.8g	4.1g
- saturated (g)	11.5g	1.6g
Carbohydrate (g)	89g	12.7g
- sugars (g)	20.7g	3g
Sodium (mg)	3724mg	532mg

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



Get prepped

- Finely chop **garlic**. Grate **carrot**.



Cook the gnocchi

- While the ragu is simmering, heat a generous drizzle of **olive oil** in a separate large frying pan over medium-high heat.
- Add **gnocchi** in a single layer, tossing occasionally, until golden, **6-8 minutes**. Transfer to a paper towel-lined plate.

TIP: If the gnocchi doesn't fit in a single layer, cook in batches so it becomes golden. Add extra olive oil if necessary.



Start the ragu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **3-4 minutes**. Add **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **garlic**, **Italian herbs** and **Nan's special seasoning** and cook until fragrant, **1 minute**.

TIP: For best results, drain the oil from the pan before cooking the sauce.

Custom Recipe: If you've added diced bacon, cook diced bacon with the beef mince, breaking up with a spoon, 5-6 minutes. Add garlic and continue as above.



Bring it all together

- Add **gnocchi** and **baby spinach leaves** to the **beef ragu**. Toss to coat.



Finish the ragu

- Add **brown sugar**, **diced tomatoes with garlic & onion**, the **water** and **chicken stock pot** (see ingredients). Reduce heat to low and simmer for **2-3 minutes**.



Serve up

- Divide the Italian beef ragu and gnocchi between bowls.
- Sprinkle with **shaved Parmesan cheese** and **flaked almonds**.
- Tear over **parsley** to serve. Enjoy!

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