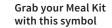


Italian Beef Ragu & Gnocchi with Parmesan Cheese & Flaked Almonds













Beef Mince

Italian Herbs



Nan's Special



Seasoning

Diced Tomatoes with Garlic & Onion



Chicken Stock









Baby Spinach

Shaved Parmesan





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!

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

9		
	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.

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Get prepped

• Finely chop garlic. Grate carrot.



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.



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.



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.



Bring it all together

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



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!

We need your expertise!

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