



Beef Ragu Tortellini with Rocket-Pear Salad

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3442kJ (822Cal) | Protein 46.3g | Fat, total 35.2g - saturated 14.6g | Carbohydrate 74.4g - sugars 21.8g | Sodium 1720mg

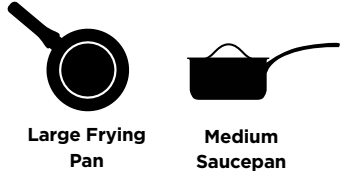
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2021 | WK07 | W

Get ready

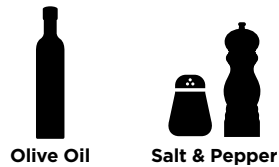
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



From the pantry



From the cool pouch

	2P	4P
Beef Mince	1 pkt	1 pkt
Garlic Paste	1 pkt	2 pkts
Spinach & Ricotta Tortellini	1 pkt	2 pkts

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.

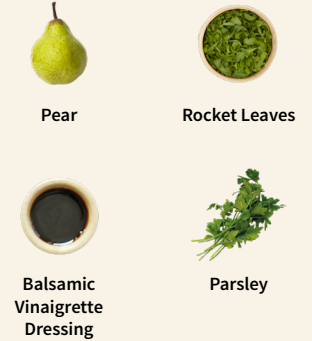
1. Sizzle



2. Simmer



3. Toss



- Heat **olive oil** in a frying pan over high heat
- Cook the **beef** until browned, **3-4 mins**
- Stir in **Italian herbs, garlic paste** and **tomato paste**
- Chop **silverbeet** and stir through until wilted, **1-2 mins**
- Add **tomato sugo** and stir. Remove from the heat

- Boil a kettle of **water**
- When kettle boils, pour **water** into a saucepan over a high heat
- Bring to the boil, and add **tortellini** and cook until al dente, **3 mins**
- Using a slotted spoon, transfer **tortellini** to the frying pan, add a dash of **pasta water**
- Toss to combine and season

- Slice **pear**
- In a bowl, combine **rocket** and **dressing** (1/2 tub for 2P / 1 tub for 4P)
- Toss and season to taste
- Serve **tortellini** and **salad** and garnish with torn **parsley**

