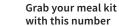


# Italian Lamb Ragu Fettuccine Feast with Garlic Bread & Cucumber Salad

PASTA PERFECTION













Wholemeal Panini

Fresh Fettuccine





Lamb Mince

Nan's Special Seasoning





Chilli Flakes (Optional)

**Chopped Tomatoes** 



Red Wine



Jus

Beef-Style Stock Powder





Mixed Salad



Leaves

Parsley

Cheese

Prep in: 20-30 mins Ready in: 30-40 mins

# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Large saucepan · Large frying pan

# Ingredients

| ingi edients                  |                 |                                       |  |
|-------------------------------|-----------------|---------------------------------------|--|
|                               | 2 People        | 4 People                              |  |
| olive oil*                    | refer to method | refer to method                       |  |
| butter*                       | 40g             | 80g                                   |  |
| cucumber                      | 1 (medium)      | 1 (large)                             |  |
| garlic                        | 4 cloves        | 8 cloves                              |  |
| wholemeal<br>panini           | 1               | 2                                     |  |
| fresh fettuccine              | 1 medium packet | 1 large packet                        |  |
| lamb mince                    | 1 medium packet | 2 medium packets<br>OR 1 large packet |  |
| Nan's special seasoning       | 1 medium sachet | 1 large sachet                        |  |
| chilli flakes ∮<br>(optional) | pinch           | pinch                                 |  |
| chopped<br>tomatoes           | 1 tin           | 2 tins                                |  |
| red wine jus                  | 1 medium packet | 1 large packet                        |  |
| beef-style stock<br>powder    | 1 large sachet  | 2 large sachets                       |  |
| brown sugar*                  | 1 tsp           | 2 tsp                                 |  |
| mixed salad<br>leaves         | 1 small packet  | 1 medium packet                       |  |
| balsamic<br>vinegar*          | drizzle         | drizzle                               |  |
| grated Parmesan<br>cheese     | 1 medium packet | 1 large packet                        |  |
| parsley                       | 1 packet        | 1 packet                              |  |
|                               |                 |                                       |  |

<sup>\*</sup>Pantry Items

### **Nutrition**

| Avg Qty           | Per Serving      | Per 100g              |
|-------------------|------------------|-----------------------|
| Energy (kJ)       | 4774kJ (1141Cal) | <b>642kJ</b> (153Cal) |
| Protein (g)       | 59.8g            | 8g                    |
| Fat, total (g)    | 40.3g            | 5.4g                  |
| - saturated (g)   | 20.2g            | 2.7g                  |
| Carbohydrate (g)  | 123.1g           | 16.6g                 |
| - sugars (g)      | 16.8g            | 2.3g                  |
| Sodium (mg)       | 1886mg           | 254mg                 |
| Dietary Fibre (g) | 10.7g            | 1.4g                  |
|                   |                  |                       |

The quantities provided above are averages only.

# Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2024 | CW37



- Preheat oven to 200°C/180°C fan-forced. Boil the kettle.
- In a small bowl, add the **butter** and allow to come to room temperature.
- Slice cucumber into half-moons.
- Finely chop garlic.
- To the **butter**, add half the **garlic**. Season with salt and pepper and mash to combine.



# Make the garlic bread

- Cut deep slices across wholemeal panini in 1cm intervals, taking care to not slice all the way through.
- Push garlic butter into panini slices and wrap
- Place **panini** directly on wire racks in the oven and bake until heated through, 8-10 minutes.



## Cook the fettuccine

- Meanwhile, half-fill a large saucepan with boiling water and a pinch of salt.
- Cook fresh fettuccine in the boiling water, over high heat, until 'al dente', 3 minutes.
- Reserve some pasta water (1/2 cup for 2 people/ 1 cup for 4 people). Drain and return **fettuccine** to the saucepan.



### Make the sauce

- · Meanwhile, heat a large frying pan over mediumhigh heat with a drizzle of olive oil. Cook lamb mince, breaking up with a spoon, until just browned, 3-4 minutes.
- Reduce heat to medium, add Nan's special seasoning, chilli flakes (if using) and remaining garlic and cook until fragrant, 1 minute.
- Add chopped tomatoes, red wine jus, beef-style stock powder, the brown sugar and reserved pasta water and cook, stirring, until slightly thickened, 3-4 minutes.
- · Remove pan from heat, then add cooked fettucine and toss to coat. Season with salt and pepper.



# Make the salad

· In a medium bowl, combine mixed salad leaves, cucumber and a drizzle of balsamic vinegar and olive oil. Season.



### Serve up

- Divide Italian lamb ragu fettuccine between bowls. Top with grated Parmesan cheese and tear over parsley.
- · Serve with cucumber salad and garlic bread on the side. Enjoy!



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