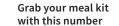


Italian Lamb Ragu Fettuccine with Garlic Bread & Cucumber Salad

PASTA PERFECTION













Wholemeal Panini







Aussie Spice

Blend

Tinned Cherry

Tomatoes

Leaves

Lamb Mince



Chilli Flakes



(Optional)



Chicken-Style



Stock Powder



Grated Parmesan



Parsley



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 calcino		
	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 panini	1	2
fresh fettuccine	1 medium packet	1 large packet
lamb mince	1 medium packet	2 medium packets or 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
chilli flakes ∮ (optional)	1 pinch	1 pinch
tinned cherry tomatoes	1 tin	2 tins
balsamic vinegar*	1 tsp	2 tsp
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

^{*}Pantry Items

Nutrition

g Per 100g
cal) 340kJ (81cal)
4.3g
2.8g
1.4g
8.6g
1.1g
116.5mg
0.7g

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.





• Preheat oven to 200°C/180°C fan-forced. Boil

Make the sauce

Get prepped

- · Meanwhile, heat a large frying pan over medium high 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 Aussie spice blend, chilli flakes (if using) and remaining garlic and cook until fragrant, 1 minute.
- Add tinned cherry tomatoes, the balsamic vinegar, chicken-style stock powder, the brown sugar and reserved pasta water and cook, stirring, until slightly thickened,
- · Remove pan from heat, then add cooked fettucine and toss to coat. Season with salt and pepper.



Make the garlic bread

- Cut deep slices, taking care to not slice all the way through, across wholemeal panini in 1cm intervals.
- 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, pour boiled water into a large saucepan over high heat with a pinch of salt.
- · Cook fresh fettuccine in the boiling water until 'al dente', 3 minutes.
- Reserve some pasta water (1/2 cup for 2 people/ 1 cup for 4 people). Drain and return to the saucepan.



Make the salad

• Meanwhile, 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 fresh garlic bread. Enjoy!



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