



Italian Lamb Ragu Fettuccine

with Garlic Bread & Cucumber Salad

PASTA PERFECTION

Grab your meal kit with this number

24



Cucumber



Garlic



Wholemeal Panini



Fresh Fettuccine



Lamb Mince



Aussie Spice Blend



Chilli Flakes (Optional)



Tinned Cherry Tomatoes



Chicken-Style Stock Powder



Mixed Salad Leaves



Grated Parmesan Cheese



Parsley

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

It's pasta night! This sumptuous yet simple dish is absolute decadence in a bowl. Rich and indulgent ragu wraps around tendrils of fettuccine for a truly epic combination. Sprinkle some Parmesan on top, and don't be too surprised if the bowls are left licked clean.

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar

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

	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4626kJ (1106cal)	340kJ (81cal)
Protein (g)	59.1g	4.3g
Fat, total (g)	38.1g	2.8g
- saturated (g)	18.4g	1.4g
Carbohydrate (g)	116.8g	8.6g
- sugars (g)	14.5g	1.1g
Sodium (mg)	1587mg	116.5mg
Dietary Fibre (g)	10g	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.

We're here to help!

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Get prepped

- 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 sauce

- 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, **3-4 minutes**.
- Remove pan from heat, then add **cooked fettuccine** 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 in foil.
- Place **panini** directly on wire racks in the oven and bake until heated through, **8-10 minutes**.



Make the salad

- Meanwhile, in a medium bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of **balsamic vinegar** and **olive oil**. Season.



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** (½ cup for 2 people/ 1 cup for 4 people). Drain and return to the saucepan.



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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