



Cheat's Italian Lamb Ragu

with Mash & Broccolini

Grab your Meal Kit with this symbol



Potato



Garlic



Broccolini



Brown Onion



Carrot



Lamb Mince



Tomato Paste



Italian Herbs



Crushed & Sieved Tomatoes



Beef Stock



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: 40 mins
Ready in: 45 mins

This sumptuous yet simple dish is absolute decadence without all the fuss. From the rich veggie-loaded lamb ragu infused with Italian herbs to the side of creamy mash potato. Don't be too surprised if the bowls are licked clean!

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Milk, Butter

Before you start

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

You will need

Large saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	4
garlic	2 cloves
broccolini	1 bunch
brown onion	1
carrot	2
milk*	½ cup
salt*	½ tsp
butter*	80g
lamb mince	1 packet
tomato paste	1 tin
Italian herbs	1 sachet
crushed & sieved tomatoes	1 tin
water*	½ cup
beef stock	1 sachet
baby spinach leaves	1 bag (60g)
grated Parmesan cheese	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2680kJ (639Cal)	389kJ (93Cal)
Protein (g)	41.9g	6.1g
Fat, total (g)	30.6g	4.5g
- saturated (g)	17.9g	2.6g
Carbohydrate (g)	43.7g	6.4g
- sugars (g)	14.2g	2.1g
Sodium (g)	1210mg	176mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Bring a large saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **garlic** (or use a garlic press). Trim and halve the **broccolini** lengthways. Thinly slice the **brown onion**. Grate the **carrot** (unpeeled).



2. Make the mash

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return the potato to the saucepan. Add the **milk**, the **salt** and **butter** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



3. Cook the broccolini

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **broccolini** and cook, tossing regularly, until tender, **5-6 minutes**. Season with a **pinch** of **salt** and **pepper**, transfer to a bowl and cover to keep warm.



4. Make the ragu

Return the frying pan to a high heat with a **drizzle** of **olive oil** if needed. Add the **lamb mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**. Add the **onion** and **carrot** and cook, stirring regularly, until softened, **4-5 minutes**. Add the **tomato paste**, **garlic** and **Italian herbs** and cook until fragrant, **1 minute**. Add the **crushed & sieved tomatoes**, the **water** and **beef stock**.



5. Simmer the ragu

Bring the ragu to the boil, then reduce the heat to medium-low and simmer until slightly thickened, **4-5 minutes**. Season to taste with **salt** and **pepper**. Stir through the **baby spinach leaves** until wilted, **1-2 minutes**.

TIP: If the sauce is too thick, stir through a dash of water.



6. Serve up

Divide the mashed potato, broccolini and lamb ragu between plates. Sprinkle over the **grated Parmesan cheese**.

Enjoy!