# Cheat's Italian Lamb Ragu

with Mash & Broccolini









Broccolini

**Brown Onion** 



Carrot

**Lamb Mince** 





**Tomato Paste** 

**Italian Herbs** 







Crushed & **Sieved Tomatoes** 

**Beef Stock** 



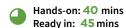


Baby Spinach Leaves

**Grated Parmesan** Cheese

**Pantry items** 

Olive Oil, Milk, Butter



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!

## 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*	⅓ 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	<b>1 bag</b> (60g)
grated Parmesan cheese	2 packets (60g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2680kJ (639Cal)	389kJ (93Cal)
41.9g	6.1g
30.6g	4.5g
17.9g	2.6g
43.7g	6.4g
14.2g	2.1g
1210mg	176mg
	2680kJ (639Cal) 41.9g 30.6g 17.9g 43.7g 14.2g

#### **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.



# 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!**