



# Italian Lamb & Veggie Ragu

with Fettuccine, Feta & Basil

Grab your Meal Kit with this symbol



Capsicum



Red Onion



Garlic



Carrot



Rosemary



Lamb Mince



Tomato Paste



Chopped Tomatoes



Beef-Style Stock Powder



Fettuccine



Basil



Feta

Hands-on: 25-35 mins  
Ready in: 30-40 mins

This sumptuous yet simple pasta is absolute decadence, from the rich lamb ragu infused with Italian herbs to the topping of sweet roasted capsicum and crumbly feta. Don't be too surprised if the bowls are licked clean!

## Pantry items

Olive Oil, Brown Sugar, 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.

## You will need

Oven tray lined with baking paper · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
red onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
carrot	1	2
rosemary	1 bunch	1 bunch
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
chopped tomatoes	1 tin	2 tins
beef-style stock powder	1 sachet	2 sachets
butter*	20g	40g
fettuccine	1 packet	2 packets
basil	1 bunch	1 bunch
feta	1 block (25g)	1 block (50g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3701kJ (884Cal)	485kJ (115Cal)
Protein (g)	46.5g	6.1g
Fat, total (g)	28.4g	3.7g
- saturated (g)	11.6g	1.5g
Carbohydrate (g)	107.9g	14.1g
- sugars (g)	29.9g	3.9g
Sodium (mg)	1974mg	259mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the capsicum

Preheat the oven to **200°C/180°C fan-forced**. Cut the **capsicum** into 1cm strips. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender and lightly charred, **20-25 minutes**.



## Prep the veggies

While the capsicum is roasting, bring a large saucepan of salted water to the boil. Finely chop the **red onion** and **garlic**. Grate the **carrot** (unpeeled). Pick and finely chop the **rosemary** leaves.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily.



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **carrot**, stirring, until softened, **5 minutes**. Add the **garlic** and **rosemary** and cook until fragrant, **1 minute**.



## Make the ragu

Add the **lamb mince** to the **veggies** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **tomato paste**, **brown sugar**, **chopped tomatoes** and **beef-style stock powder** and simmer until thickened, **10 minutes**. Stir through the **butter** and season with **salt** and **pepper**.



## Cook the pasta

While the lamb ragu is simmering, cook the **fettuccine** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water**, then drain the fettuccine. Add the cooked **fettuccine** and roasted **capsicum** to the **lamb ragu**. Toss to coat and set aside. Pick and roughly chop the **basil** leaves.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.

**TIP:** If the ragu looks a little dry, add a dash of the reserved pasta water!



## Serve up

Divide the lamb ragu and fettuccine between bowls. Crumble over the **feta** and garnish with the basil.

Enjoy!