



ITALIAN LAMB RAGU & GNOCCHI

with Parmesan



Make a cheat's lamb ragu



Red Onion



Carrot



Celery



Garlic



Italian Herbs



Lamb Mince



Tomato Paste



Chopped Tomatoes with
Roast Garlic & Onion



Beef Stock



Gnocchi



Parsley



Parmesan Cheese

Hands-on: **30 mins**
Ready in: **35 mins**

Warm up with this pillowy soft pan-fried gnocchi, coated in a rich, meaty and veggie-loaded sauce. Finished with a sprinkling of freshly grated Parmesan cheese, Nonna won't be happy her best-kept secret is finally out!

Pantry Staples: Olive Oil, Brown Sugar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium frying pan**



1 GET PREPPED

Finely chop the **red onion**. Finely chop or grate the **carrot** (unpeeled) and **celery**. Roughly chop the **parsley** leaves. Finely chop the **garlic** (or use a garlic press).



2 COOK THE VEGGIES

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



3 MAKE THE RAGU

Push the vegetables to the side of the pan, add a **drizzle** more **olive oil** to the empty space and add the **lamb mince**. Cook, breaking up with a wooden spoon, until browned, **4 minutes**. Add the **tomato paste** (see ingredients list), **brown sugar**, **chopped tomatoes with roast garlic & onion**, **water** and crumble in the **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir to combine. Reduce the heat to medium and simmer until thickened, **10 minutes**. Stir through the **butter** and season with a **pinch** of **salt** and **pepper**.



4 FRY THE GNOCCHI

While the ragu is simmering, heat a generous **drizzle** of **olive oil** in a separate large frying pan over medium-high heat. When the oil is hot, add the **gnocchi** (see ingredients list) in a single layer and fry, tossing occasionally, until golden, **7-9 minutes**. Season with a **pinch** of **pepper**. Transfer to a plate lined with paper towel.



5 FINISH THE RAGU

Add the **gnocchi** to the **lamb mixture** and toss to coat. Grate the **Parmesan cheese** (see ingredients list).



6 SERVE UP

Divide the lamb ragu gnocchi between bowls. Top with the grated Parmesan cheese and parsley.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
carrot	1	2
celery	1 stalk	2 stalks
parsley	1 bunch	1 bunch
garlic	2 cloves	4 cloves
Italian herbs	1 sachet	2 sachets
lamb mince	1 packet	2 packets
tomato paste	1 sachet (50 g)	2 sachets (100 g)
brown sugar*	1 tsp	2 tsp
chopped tomatoes with roast garlic & onion	1 tin (400 g)	2 tins (800 g)
water*	¼ cup	½ cup
beef stock	1 cube	2 cubes
butter*	20 g	40 g
gnocchi	1½ packets (375 g)	3 packets (750 g)
Parmesan cheese	½ block (25 g)	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3240kJ (773Cal)	424kJ (101Cal)
Protein (g)	47.3g	6.2g
Fat, total (g)	18.4g	2.4g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	95.0g	12.5g
- sugars (g)	28.1g	3.7g
Sodium (g)	2740mg	359mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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