

# Quick Creamy Pulled Beef Ragu & Linguine

with Garlic Pangrattato & Mixed Salad

Grab your Meal Kit with this symbol



Garlic



Carrot



Panko Breadcrumbs



Linguine



Pulled Beef



Tomato Paste



Nan's Special Seasoning



Garlic & Herb Seasoning



Longlife Cream



Beef-Style Stock Powder



Tomato



Salad Leaves

### Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 20-30 mins  
Ready in: 25-35 mins

This sumptuous yet simple pasta is absolute decadence, from the rich pulled beef ragu infused with Nan's special seasoning, to the crunch from the garlic pangrattato. Don't be too surprised if the bowls are left licked clean!

### Pantry items

Olive Oil, White Wine Vinegar



## 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
panko breadcrumbs	½ packet	1 packet
linguine	1 packet	1 packet
pulled beef	1 packet	1 packet
tomato paste	1 packet	2 packets
Nan's special seasoning	1 sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
tomato	1	2
salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3608kJ (862Cal)	767kJ (183Cal)
Protein (g)	35.5g	7.5g
Fat, total (g)	34.7g	7.4g
- saturated (g)	18.4g	3.9g
Carbohydrate (g)	97.9g	20.8g
- sugars (g)	14.8g	3.1g
Sodium (mg)	1847mg	393mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2022 | CW01



## Get prepped & cook the linguine

- Boil the kettle. Finely chop **garlic**. Grate **carrot**.
- In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Season, then transfer to a bowl.
- Half-fill a large saucepan with the boiling water over high heat, then add a pinch of **salt**. Cook **linguine** in boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **linguine** and return to the saucepan.



## Finish the sauce

- Reduce heat to medium, then add **longlife cream** (see ingredients), **reserved pasta water** and **beef-style stock powder** and cook, stirring, until warmed through, **1 minute**.
- Remove pan from the heat, then add **linguine** and toss to coat.

**TIP:** Add a splash more water to your sauce if it's looking dry!



## Start the sauce

- Meanwhile, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Discard **liquid** from **pulled beef** packaging.
- When oil is hot, cook **pulled beef** and **carrot**, breaking up with a spoon, until browned, **2-3 minutes**.
- Add **tomato paste**, **Nan's special seasoning**, **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1-2 minutes**.



## Serve up

- Roughly chop **tomato**. In a medium bowl, combine tomato, **salad leaves** and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide creamy pulled beef ragu between bowls.
- Top with garlic pangrattato. Serve with mixed salad.

## Enjoy!