



One-Pot Beef Meatball Ragu & Penne

with Spinach & Parmesan Cheese

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



Garlic & Herb Seasoning



Garlic Paste



Tomato Paste



Penne



Tomato Sugo



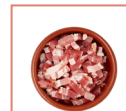
Vegetable Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese



Diced Bacon

Recipe Update

Unfortunately, this week's fusilli was in short supply, so we've replaced it with penne. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 45-55 mins

Rich, radiant and ravishing to eat, do we need to say any more about this beef ragu? Stir through a mixture of veggies including carrot and spinach. Cook everything up in one pot with the penne and your ragu is ready!

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan with a lid

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|----------------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| beef mince | 1 packet | 1 packet (or 2 packets) |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| Aussie spice blend | 1 sachet | 1 sachet |
| egg* | 1 | 2 |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| garlic paste | 1 packet | 2 packets |
| tomato paste | 1 packet | 2 packets |
| penne | 1 medium packet | 1 large packet |
| tomato sugo | 1 packet (200g) | 1 packet (400g) |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| boiling water* | 2 cups | 4 cups |
| brown sugar* | 1 tsp | 2 tsp |
| baby spinach leaves | 1 medium bag | 1 large bag |
| butter* | 20g | 40g |
| grated Parmesan cheese | 1 medium packet | 1 large packet |
| diced bacon** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4102kJ (980Cal) | 730kJ (174Cal) |
| Protein (g) | 54.1g | 9.6g |
| Fat, total (g) | 35.3g | 6.3g |
| - saturated (g) | 17g | 3g |
| Carbohydrate (g) | 104.4g | 18.6g |
| - sugars (g) | 19.7g | 3.5g |
| Sodium (mg) | 2558mg | 455mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4687kJ (1120Cal) | 766kJ (183Cal) |
| Protein (g) | 62g | 10.1g |
| Fat, total (g) | 47.5g | 7.8g |
| - saturated (g) | 21.5g | 3.5g |
| Carbohydrate (g) | 104.5g | 17.1g |
| - sugars (g) | 19.7g | 3.2g |
| Sodium (mg) | 2957mg | 483mg |

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW15



Get prepped

- Boil the kettle. Grate the **carrot**.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **Aussie spice blend**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small **meatballs** (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



Make it saucy

- To the saucepan, add **garlic & herb seasoning**, **garlic paste** and **tomato paste** and cook, until fragrant, **1 minute**.
- Add **penne**, **tomato sugo**, **vegetable stock powder**, the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **brown sugar** and return **meatballs**, stirring to combine.
- Bring to the boil, then reduce heat to medium-low. Cover with a lid and simmer, stirring occasionally, until penne is 'al dente', **13-15 minutes**.

Custom Recipe: If you've added diced bacon to your meal, cook bacon, breaking up with a spoon, for 5-6 minutes before adding garlic & herb seasoning. Continue as above.



Cook the meatballs

- In a large saucepan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned, **3-5 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.

TIP: The meatballs will finish cooking in step 4!



Bring it all together

- Remove lid from pan and stir through **baby spinach leaves** and the **butter** until melted, **1 minute**. Season to taste.



Cook the veggies

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** until tender, **4-5 minutes**.



Serve up

- Divide one-pot beef meatball ragu and penne between bowls.
- Sprinkle over **grated Parmesan cheese**. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate