



One-Pot Beef Meatball Ragu & Penne

with Silverbeet & Parmesan Cheese

KID FRIENDLY

Grab your Meal Kit with this symbol



Recipe Update

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



Carrot



Silverbeet



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



Garlic & Herb Seasoning



Garlic Paste



Tomato Paste



Penne



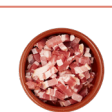
Tomato Sugo



Vegetable Stock Powder



Grated Parmesan Cheese



Diced Bacon

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 silverbeet. Cook everything up in one pot with the penne and your ragu is ready!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
silverbeet	1 bag	1 bag
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
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 | CW19



Get prepped

- Boil the kettle.
- Grate the **carrot**. Roughly chop **silverbeet**.
- 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!



Start the sauce

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** until tender, **4-5 minutes**.
- 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) and the **brown sugar**, then return **meatballs** to the pan, 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**.
- In the last **5 minutes**, add **silverbeet** and stir to combine.

Custom Recipe: If you've added bacon to your meal, cook bacon with carrot until browned and tender, 5-6 minutes. Continue with step.



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!



Serve up

- Remove lid from pan, then stir through the **butter** until melted, **1 minute**. Season to taste.
- Divide one-pot beef meatball ragu and penne between plates.
- Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

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

Rate your recipe

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