



Rosemary Lamb with Pelagonia Roasted Red Pepper Ragu

Inspiration can come from unexpected places. Believe it or not Head Chef Patrick was inspired to make this dish by a dinner he had in Bangkok. The restaurant was called Calderazzo and is owned by two fiercely proud and highly talented Italian chefs from Sicily. We've added roasted red peppers from the guys down at Pelagonia for an extra hit of deliciousness and if you have some leftover head to www.pelagonia.co.uk/52ways for even more inspiration.

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Ingredients:

200g Linguine

200g Lamb Mince

1 Tin Organic Tomatoes

2 Sprigs Rosemary

2 Cloves Garlic

2 Tbsps Parmesan Cheese

1 Cup Onion, Diced

½ Cup Carrot, Diced

5 Tbsps Roasted Red Pepper Aivar

Wholemeal Pittas

Serves 2

Ready in 30-40 Minutes

Kcal/sat.fat/carb/prot (per serving):
521/9g/49g/30g



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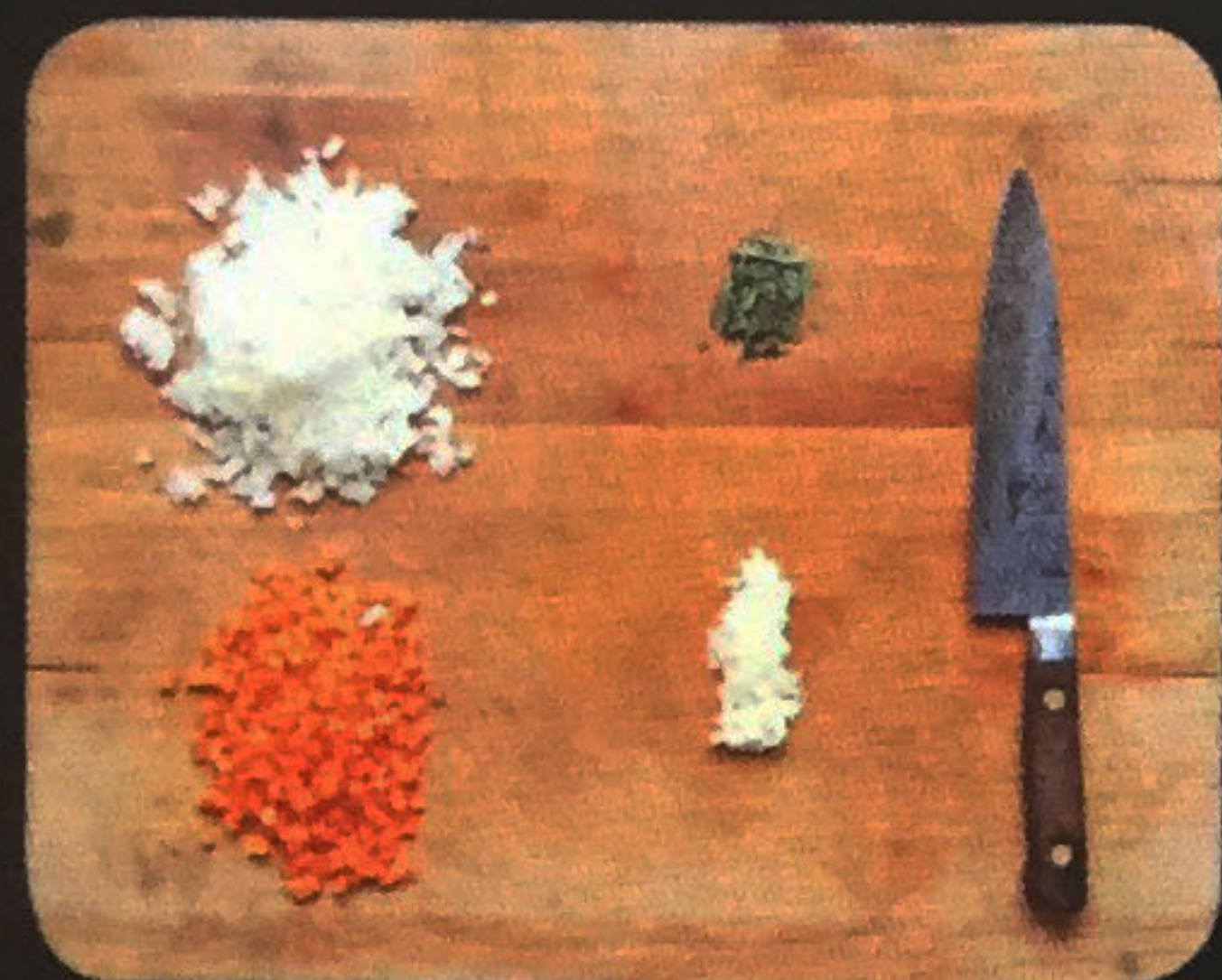
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- For a tasty snack while you wait switch your oven to 200 degrees
 - Cut the pitta bread into triangles, brush with a little olive oil and sprinkle with ¼ tsp of salt
 - Lay on a baking tray and cook in the oven for 5-10 mins until crispy (like tortilla chips)
 - Now tuck in to your delicious Aivar
- TIP** Try to save some for your ragu!

2



- Peel and very finely dice the onion and the garlic
- Peel and chop the carrot into little ½ cm cubes
- Pick the leaves off the rosemary and finely chop them

3



- Heat 1 tbsp of olive oil in a pan on medium heat
- Add the onion, garlic, rosemary and carrot and cook gently for around 8 mins or until soft
- Season with ¼ tsp of salt and a few grinds of black pepper

4



- Add the lamb mince to the pan and break it up using a wooden spoon
- Season with another ¼ tsp of salt and a few more grinds of black pepper

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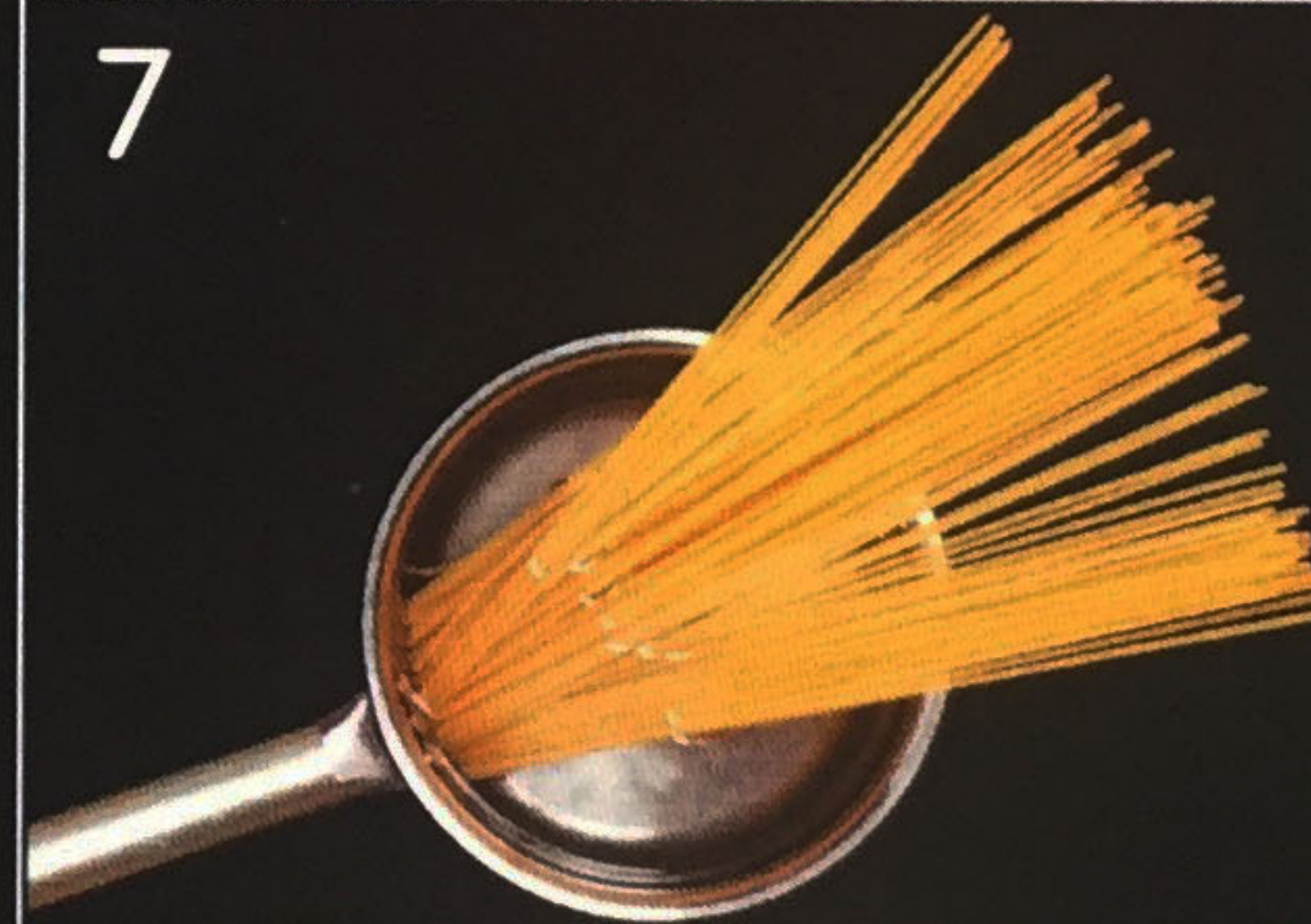
- Once the raw colour has gone out of the meat add the tinned tomatoes
- Refill the tomato can ⅓ with water, swish it around and add this to the pan
- Add 5 tbsps of aivar roasted red pepper and stir everything together

6



- As with all ragu sauces the longer and slower you cook them the better!
- If your hunger allows, then cook the sauce on low heat for about an hour until it thickens up
- If you are starving then cook on medium heat until you have a nice thick sauce

7



- When you are 10 mins from eating boil a large pot of water
- When the water is rapidly boiling add ½ tsp of salt and the pasta
- Cook the pasta for around 10 mins or until 'al dente'

TIP 'Al dente' simply means cooked through but with a slight bit of firmness in the middle

8



- Drain the pasta and add it to your sauce then toss (or stir) everything together
- Grate over some Parmesan and get stuck in!