

RECIPE BAG  
7682



**Nutritional info**  
(per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
655kcal	30g	12g	56g
Sugar	Fibre	Protein	Salt
13g	6g	40g	2g

 2 of your 5-a-day

**L** 2 people: 30 min  
4 people: 35 min

# Hearty Lamb Ragù Gnocchi Bake

 Search **Spotify** for **Gousto**  
**Beats** or scan here to unlock  
our kitchen bangers

Ingredients for 2 [Double for 4 people]:

-  1 brown onion
-  1 tsp dried oregano
-  1 dried bay leaf
-  250g British lamb mince
-  80g baby leaf spinach
-  200g canned tomato frito
-  35g grated Italian hard cheese **A7**
-  250g gnocchi **A1**
-  5.5g beef stock mix

Allergens: **A1**: gluten, **A7**: milk

You need: olive oil, pepper  
Special equipment: oven-proof dish

Remember to wash your fresh fruit, herbs and vegetables!  
See your delivery email for use-by dates and other details.



1

**Instructions for 2 [for 4]**

Preheat the oven to 220°C / 200°C (fan) / gas 7

Boil a full kettle

Peel and finely chop the **brown onion[s]**



2

Heat a large, wide-based pan (preferably non-stick), with a drizzle of **olive oil** over a medium heat

Once hot, add the **chopped onion** and **bay leaf[yes]** and cook for 4-5 min or until the onion is starting to soften

Once softened, add the **lamb mince** and cook for 5 min or until browned, breaking it up with a wooden spoon as you go



3

Meanwhile, dissolve the **beef stock mix** in 150ml **[250ml]** boiled water



4

Once the lamb mince has browned, add the **dried oregano**, **tomato frito** and **beef stock** to the pan

Bring to the boil over a high heat and cook for 4-5 min or until the stock has thickened to a ragu-like consistency – this is your **lamb ragu**

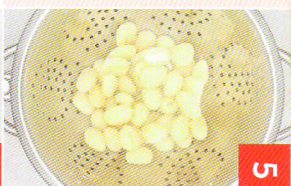


5

Whilst the ragu is thickening, add the **gnocchi** to a pot of **boiled water** and bring to the boil over a high heat

Cook the **gnocchi** for 3 min or until it begins to rise to the top of the pot

Once done, drain the gnocchi



6

Once the ragu has thickened, wash the **spinach**, then add to the pan

Cook for 2-3 min further, stirring continuously until the spinach has wilted

Add the **cooked gnocchi**, season with a generous grind of **black pepper** and give everything a good mix up

Remove the **bay leaf[yes]** and discard – this is your **hearty lamb gnocchi ragu**



7

Transfer the **hearty lamb gnocchi ragu** to an **oven-proof dish**

Sprinkle over the **grated Italian hard cheese**

Put the dish in the oven for 10-15 min or until bubbling and golden



8

Once done, remove the dish from the oven and leave to stand for 5 min

Serve the **hearty lamb ragu gnocchi bake**

Enjoy!

