



Italian Beef Ragu & Gnocchi

with Parmesan Cheese & Flaked Almonds

Grab your Meal Kit
with this symbol



Rosemary



Garlic



Parsley



Soffritto Mix



Italian Herbs



Beef Mince



Tomato Paste



Diced Tomatoes
With Garlic & Onion



Beef Stock
Pot



Gnocchi



Grated Parmesan
Cheese



Flaked Almonds

Hands-on: 20-30 mins
Ready in: 35-45 mins

This sumptuous pasta is decadence in a bowl. From rich ragu to pillow-y gnocchi, you may have to throw dice for the leftovers!

Pantry items

Olive Oil, Brown Sugar

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

Two large frying pans

Ingredients

| | 2 People | 4 People |
|------------------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| rosemary | 2 sticks | 4 sticks |
| garlic | 2 cloves | 4 cloves |
| parsley | 1 bag | 1 bag |
| soffritto mix | 1 medium bag | 1 large bag |
| Italian herbs | 1 sachet | 2 sachets |
| beef mince | 1 small packet | 1 medium packet |
| tomato paste | 1 packet | 2 packets |
| brown sugar* | 1 tsp | 2 tsp |
| diced tomatoes with garlic & onion | 1 box | 2 boxes |
| water* | ¼ cup | ½ cup |
| beef stock pot | 1 packet (20g) | 1 packet (40g) |
| gnocchi | 1 packet | 2 packets |
| grated Parmesan cheese | 1 packet (30g) | 2 packets (60g) |
| flaked almonds | 1 medium packet | 1 large packet |

*Pantry items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3142kJ (751Cal) | 474kJ (113Cal) |
| Protein (g) | 48.8g | 7.4g |
| Fat, total (g) | 20.6g | 3.1g |
| - saturated (g) | 8.3g | 1.3g |
| Carbohydrate (g) | 87.5g | 13.2g |
| - sugars (g) | 20.7g | 13.2g |
| Sodium (mg) | 2935mg | 443mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Pick and finely chop the **rosemary**. Finely chop the **garlic**. Roughly chop the **parsley** leaves.



Cook the soffritto mix

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **soffritto mix**, stirring, until softened, **5 minutes**. Add the **rosemary**, **garlic** and **Italian herbs** and cook until fragrant, **1 minute**.



Cook the beef ragu

Add the **beef mince** to the pan and cook, breaking up with a spoon, until browned, **4-5 minutes**. Add the **tomato paste**, **brown sugar**, **diced tomatoes with garlic & onion**, the **water** and **beef stock pot**. Simmer until thickened, **10 minutes**.



Cook the gnocchi

While the ragu is cooking, heat a generous drizzle of **olive oil** in a second large frying pan over a medium-high heat. Add the **gnocchi** in a single layer and cook, tossing occasionally, until golden, **6-8 minutes**. Transfer to a plate lined with paper towel.

TIP: If the gnocchi doesn't fit in a single layer, cook in batches so it becomes golden. Add extra olive oil if necessary.



Bring it all together

Add the **gnocchi** to the **beef ragu**. Toss to coat.



Serve up

Divide the Italian beef ragu and gnocchi between bowls. Serve sprinkled with the **grated Parmesan cheese**, **flaked almonds** and **parsley**.

Enjoy!

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