

# Pulled Beef Ragu with Fettuccine

hellóchef

Ragù is a slow cooked beef-based sauce, commonly served with pasta. To speed things up (slow cooking beef takes long!), we're using ready-pulled beef!

Cals 860 • Prot 55 • Carbs 95 • Fat 29

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Ragu	2 ppl	3 ppl	4 ppl	
Pulled beef	200	300	400	Grams
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Carrot	1	1	2	Piece
Cherry tomatoes	150	250	300	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Dried oregano	2	2	4	Grams
Tomato paste	30	50	70	Grams
Water	100	100	200	ML
Beef stock cube 4*, 5*, 9*, 11*, 15*	0.5	1	1	Piece
Whole milk 4*	100	200	200	ML
Black pepper	0.5	0.5	1	Tsp
To serve				
Fettuccine 5*, 9*, 10*, 11*	200	375	400	Grams
Fresh basil	15	15	15	Grams
Butter 4*	20	30	40	Grams
Grated Parmesan 4*, 5*	30	45	60	Grams

Allergens

\*4 Milk, \*5 Eggs, \*9 Soya, \*11 Gluten, \*15 Celery, \*10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3592 / 860
Fat (g)	28.9
of which saturates (g)	11.6
Carbohydrate (g)	95
of which sugars (g)	17.8
Fiber (g)	9.3
Protein (g)	54.9
Salt (g)	2.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Bring a large pot of salted water to the boil. Peel and finely chop the **brown onion**. Peel and mince the **garlic**. Peel and finely dice the **carrot**. Chop the **cherry tomatoes** in half.

**Tip!** If cooking for kids, set aside a portion of halved cherry tomatoes.



2 Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion, carrot** and **tomatoes** with a pinch of **salt** and fry for 5–6 min or until softened. Add the **garlic, dried oregano** and **tomato paste** and fry for 1 min further.



3 Simmer

Add the **pulled beef, measured water**, {0.5/1/1} **beef stock cube** and **milk** to the pan. Cover with a lid, reduce the heat to low and simmer, stirring occasionally, for 15 min. Remove from the heat and season with **salt** and **pepper** to taste.

**Tip!** If the stew thickens too much, add a splash of water.



4 Boil pasta

Once the water is boiling, add the **pasta** and cook for 8–10 min until 'al dente' or cooked to your liking. Reserve a cup of **pasta water** and drain.

**Tip!** Drizzle the cooked pasta with a bit of oil to prevent them from sticking.



5 Prep basil

Meanwhile, pick the **basil** leaves. Finely chop half, and reserve the rest for garnish.



6 Serve

Once cooked, stir the chopped **basil**, cooked **pasta** and **butter** through the **ragu**. Add a splash of the reserved **pasta water** if needed. Divide the **pasta** among bowls and top with the **grated Parmesan**. Garnish with the **basil** leaves.

**Tip!** If cooking for kids, serve the beef ragu, cooked pasta and cherry tomatoes separately. Serve the grated Parmesan and chopped basil as 'sprinkles' to the side.