



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SAGE

Sage has anti-inflammatory properties and has been used medicinally for decades, helping with headache, muscle aches and rheumatism. Sage is also used in aromatherapy and may be good for your memory!



3. BEEF RAGU WITH CRISPY SAGE

 30 Minutes

 2-3 Servings

A speedy beef bolognese sauce with fennel tossed through grain penne pasta and topped with fragrant crispy sage leaves.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
57g	23g	127g

30 March 2020

FROM YOUR BOX

GRAIN PASTA	1 packet
SAGE	1 packet
FENNEL	1
CARROT	1
BEEF MINCE	300g
CHOPPED TOMATOES	400g
CONTINENTAL CUCUMBER	1/3 *
FESTIVAL LETTUCE	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil / butter (for cooking + olive), salt, pepper, dried thyme (or herb of choice), balsamic vinegar

KEY UTENSILS

saucepan, large frypan

NOTES

If you don't want to crisp up the sage you can finely slice and add to the vegetables when they are being sautéed.

This recipe will make an extra serve which is great for lunch the next day!

No beef option - beef mince is replaced with chicken mince.



1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 5-6 minutes until al dente. Drain and rinse.



2. CRISP THE SAGE

Pick the sage leaves. Add to a frypan over medium-high heat with **1 tbsp oil or butter**. Cook for 2-3 minutes. Remove to a plate (see notes).



3. SAUTÉ THE VEGETABLES

Dice fennel and carrot. Add to pan as you go along with **1 tsp dried thyme**. Cook for 5 minutes until softened.



4. ADD THE BEEF & SIMMER

Add beef mince to pan and cook for 5 minutes until browned. Pour in chopped tomatoes and **1/2 cup water**. Simmer for 10 minutes. Season with **salt and pepper** to taste.



5. PREPARE THE SALAD

Slice cucumber. Roughly tear lettuce leaves. Toss together with **1/2 tbsp balsamic vinegar, 1/2 tbsp olive oil, salt and pepper**. Set aside.



6. FINISH AND PLATE

Toss pasta through beef ragu sauce. Divide among plates and garnish with crispy sage. Serve with side of salad.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

