



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

 4 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
46g	14g	69g

30 March 2020

## FROM YOUR BOX

GRAIN PASTA	1 packet
SAGE	1 packet
BROWN ONION	1/2 *
FENNEL	1
CARROT	1
BEEF MINCE	600g
CHOPPED TOMATOES	400g
PEAR	1
WATERCRESS	1 bowl

\* 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.

**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 10-13 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 onion, 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 pear. Trim and slice watercress. 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.