



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Polenta


Polenta is creamy corn-based porridge. If you haven't tried it before (or if it wasn't a favourite), try this recipe's version. It's packed with cheesy flavour from mozzarella, and we love it!



3 Beef Ragu with Cheesy Polenta

Take your taste buds on a trip to Italy with this family-friendly take on the classic beef ragu dish — this time made with beef mince, carrot, zucchini, and a whole lotta' love. Served over creamy, cheesy polenta.

 30 minutes

 2 servings

 Beef

4 June 2021

Slow cooked

This ragu only gets better the longer it cooks. If you have the time, let it simmer (lid-on) over low heat for an hour or more. Or, leave it in your slow cooker for half a day until dinner time.

FROM YOUR BOX

BEEF MINCE	300g
RED ONION	1/2 *
THYME	1/2 packet *
DUTCH CARROTS	1/2 bunch *
ZUCCHINI	1/2 *
CELERY STICK	1
TOMATO PASTE	1 sachet
POLENTA	1 packet (125g)
SHREDDED MOZZARELLA CHEESE	1/2 packet *
CHIVES	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, 1 stock cube, ground paprika, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Polenta can be made using all or part milk for a creamier finish.

For extra flavour, add 1 crushed garlic clove or a pinch of chilli flakes.

No beef option – beef mince is replaced with **chicken mince**. Cook as per recipe adding 2 tbsp oil at step 1 and reducing first cooking time to 3 minutes.



1. BROWN THE MINCE

Bring a saucepan with 700mL of water to the boil for step 3 (see notes).

Heat a frypan over medium-high heat. Add beef mince and cook, breaking up as you go, for 5 minutes. Dice and add onion with thyme leaves, cook for a further 3 minutes.



2. ADD THE VEGETABLES

Slice (or grate) carrots, zucchini, and celery. Add to pan as you go with tomato paste, crumbled **stock cube**, **1/2 tbsp paprika** and **1 cup water** (see notes). Semi-cover and simmer for 15 minutes.



3. MAKE THE POLENTA

Gradually whisk polenta into simmering water. Cook over low heat, stirring until thickened. Remove from heat and stir in 1/3 cup cheese, **1 tbsp butter/olive oil** and half the chopped chives. Season to taste with **salt and pepper**.



4. FINISH AND PLATE

Season ragu to taste with **salt, pepper** and **1-2 tsp vinegar**.

Serve polenta in shallow bowls. Spoon over ragu and sprinkle with remaining chives and cheese.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

