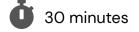


Beef Ragu with Cheesy Polenta

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.





4 servings



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	600g
BROWN ONION	1
ТНҮМЕ	1/2 packet *
CARROTS	2
ZUCCHINI	1
CELERY STICKS	2
TOMATO PASTE	2 sachets
POLENTA	1 packet (250g)
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 1-2 crushed garlic cloves 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 1.3 litres 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.



4. FINISH AND PLATE

Season ragu to taste with **salt**, **pepper** and **2-3 tsp vinegar**.

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



2. ADD THE VEGETABLES

Dice (or grate) carrots, zucchini, and celery. Add to pan as you go with tomato paste, crumbled **stock cube**, **1 tbsp paprika and 2 cups 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 1/2 cup cheese, 2 tbsp butter/olive oil and half the chopped chives. Season to taste with salt and pepper.

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 O481 072 599 or send an email to hello@dinnertwist.com.au



