



Product Spotlight: Potatoes

Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



Beef and Mushroom Ragù with Crispy Thyme Potatoes

Beef mince cooked with thyme and button mushrooms in a tomato passata served over crispy thyme baby potatoes with balsamic scrunched kale leaves.



30 minutes



4 servings



Beef

8 September 2023

Sloppy Joes!

Serve the beef mince and scrunched kale in buns with the crispy potatoes on the side to turn this into Sloppy Joes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	12g	59g

FROM YOUR BOX

BABY POTATOES	800g
BROWN ONION	1
BEEF MINCE	600g
BUTTON MUSHROOMS	300g
THYME	1 packet
TOMATO PASSATA	1 jar
GARLIC CLOVE	1
KALE	1 bunch

FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, fennel seeds

KEY UTENSILS

large frypan, large saucepan

NOTES

We recommend using a large saucepan for cooking the potatoes so that when you need to crisp them, there is a lot of surface area available in which to do so.

Add soy sauce, a stock cube, or Worcestershire sauce to the ragù for extra flavour.



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1. BOIL THE POTATOES

Halve or quarter potatoes. Add to a large saucepan (see notes) and cover with water. Bring to a boil and simmer for 10–15 minutes until tender. Drain and return to saucepan.



4. CRISP THE POTATOES

Add **3 tbsp olive oil** and remaining thyme leaves to saucepan with potatoes. Cook over medium-high heat, tossing occasionally, for 8–10 minutes until potatoes begin to crisp. Season with **salt and pepper**.



2. BROWN THE BEEF MINCE

Heat a large frypan over medium-high heat. Slice onion. Add to pan as you go along with beef mince. Use the back of a cooking spoon to break up mince. Cook for 4–5 minutes until mince begins to brown.



5. SCRUNCH THE KALE

Crush garlic. Add to a large bowl along with **1 tbsp olive oil** and **2 tbsp balsamic vinegar**. Whisk to combine. Thinly slice kale leaves and add to bowl. Massage kale leaves with dressing to tenderise.



3. SIMMER THE RAGÙ

Halve or quarter mushrooms. Add to pan along with 1/2 packet thyme and **2 tsp fennel seeds**. Sauté for 4 minutes. Pour in tomato passata and **3/4 jar water**. Simmer, semi-covered, for 8–10 minutes. Season to taste with **salt and pepper** (see notes).



6. FINISH AND SERVE

Divide crispy potatoes and ragù among shallow bowls. Top with scrunched kale.

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