




### Product Spotlight: Mancini

We source our fresh pasta from local family owned business, Mancini Pasta. They are proudly using Australia's world-class durum wheat flour to produce their much loved pasta.




## Beef Chuck Ragù with Fresh Pappardelle

A beautiful slow cooked beef chuck ragù, slow cooked to delicious, tender perfection, tossed through fresh pappardelle from Perth locals, Mancini, served with parmesan cheese and fresh parsley.

 20 minutes + 3 1/2 hours slow

 Beef

 2-3 servings

## Save it!

*This beef ragù is a great recipe that can be paired with many things! Use it to make a lasagne, toss it with gnocchi or short pasta and make a pasta bake, or serve over creamy polenta for a gluten free option.*

Per serve: **PROTEIN** 66g **TOTAL FAT** 23g **CARBOHYDRATES** 53g

## FROM YOUR BOX

|                   |          |
|-------------------|----------|
| DICED CHUCK BEEF  | 400g     |
| BROWN ONION       | 1        |
| CARROT            | 1        |
| CELERY STICK      | 1        |
| GARLIC CLOVES     | 2        |
| BAY LEAVES        | 2        |
| TOMATO PASTE      | 1 sachet |
| CHOPPED TOMATOES  | 400g     |
| FRESH PAPPARDELLE | 400g     |
| PARSLEY           | 1 packet |
| PARMESAN CHEESE   | 1 packet |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

frypan, slow cooker, saucepan

## NOTES

For extra flavour, sauté the vegetables in the frypan once you remove the beef. Deglaze the pan with a splash of white wine and add to slow cooker.

You can set the slow cooker to a low heat and cook for 5–6 hours instead.

**Protein Upsize Option:** when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.

**No gluten option – pasta is replaced with fresh GF pasta.**



### 1. BROWN THE BEEF

Heat a large frypan with **oil**. Season beef with **salt and pepper**. Add to pan in batches and cook until brown all over. Remove to slow cooker.



### 2. PREPARE THE INGREDIENTS

Dice onion and carrot. Slice celery. Slice or crush garlic. Set aside with bay leaves (see notes).



### 3. SIMMER THE SLOW COOKER

Add prepared vegetables, **2 tsp thyme**, tomato paste, chopped tomatoes and **3/4 tin water (300ml)** to slow cooker. Season with **salt and pepper** and mix to combine. Simmer on high for 3 1/2 – 4 hours until meat is tender (see notes).



### 4. COOK THE PASTA

When the slow cooker has 20 minutes remaining, bring a large saucepan of water to a boil. Add pasta and cook according to packet instructions. Reserve **1/2 cup cooking liquid** and drain pasta.



### 5. TOSS THE RAGU & PASTA

Add 1 scoop ragu to saucepan. Add drained pasta and remaining ragu. Toss to combine. Add **cooking liquid** as needed to loosen ragu and pasta. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Finely chop parsley (including any tender stems).

Divide tossed pasta among bowls. Garnish with parmesan cheese and parsley.

**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**

