




### Product Spotlight: Bay Leaves

The subtle bitterness of bay leaves helps balance rich or acidic foods like tomato sauces and braised meats. They're rarely eaten but make a big impact in flavour.




## Slow Cook Beef Chuck Ragú with Pappardelle

A beautiful slow cooked beef chuck ragú, slow cooked to delicious, tender perfection, tossed through pappardelle, served with parmesan cheese and fresh parsley.

 20 minutes + 4 hours slow cook

 Beef

 2-3 servings

## Save it!

*This beef ragú 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** 73g **TOTAL FAT** 36g **CARBOHYDRATES** 101g

## FROM YOUR BOX

DICED CHUCK BEEF	400g
BROWN ONION	1
CARROT	1
CELERY STICK	1
GARLIC CLOVES	2
BAY LEAVES (FRESH)	2
TOMATO PASTE	1 sachet
CHOPPED TOMATOES	400g
PAPPARDELLE	500g
PARSLEY	1 packet
PARMESAN CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

frypan, slow cooker, saucepan

## NOTES

You can set the slow cooker to a low heat and cook for 6–8 hours instead. Actual cooking time may vary depending on the size of the beef pieces.

If the beef pieces are large, use tongs or a fork to break them up before mixing with pasta. Alternatively, serve the beef and pasta separately to make leftovers easier to store.

**Protein Upsize Option:** when adding extra meat, increase liquid in your slow cooker by adding 1/4 cup water to ensure even cooking.

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



### 1. BROWN THE BEEF

Heat a large frypan with **oil** over high heat. Season **beef** with **salt and pepper**. Add to pan 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 RAGÙ

Add the **vegetables**, **2 tsp dried thyme**, **tomato paste**, **chopped tomatoes**, and **3/4 tin water (300ml)** to the slow cooker.

Season with **salt and pepper**, stir to combine, and cook on high for 4–5 hours or until the **meat** is tender (see notes).



### 4. COOK THE PASTA

When the ragù has about 20 minutes left, bring a large saucepan of water to a boil. Cook **pasta** according to packet instructions. Reserve **1/2 cup cooking liquid**, then drain.



### 5. TOSS THE PASTA & RAGÙ

Gently toss to combine the **drained pasta** and **ragù**. Use some of the reserved **pasta water** to loosen the **sauce** if needed. Season with **salt and pepper** to taste (see notes).



### 6. FINISH AND SERVE

Chop **parsley**.

Divide **pasta** and **ragù** 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

