



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 Ragu with Pappardelle

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

 20 minutes + 3 1/2 hours slow cook  Beef  2-3 servings

Save it!

This beef ragu 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	TOTAL FAT	CARBOHYDRATES
	72g	52g	105g

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 RAGU

Add the vegetables, **2 tsp 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

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



5. TOSS THE PASTA & RAGU

Gently toss to combine the drained pasta and ragu. 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 ragu 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**

