



Product Spotlight: Celery

Celery is a good ingredient in slow cooks because its mild flavour which enhances the overall taste, its pleasing texture and also contributing with essential nutrients.



Slow Cook Lamb Ragù with Tagliatelle

Rich pulled butterflied lamb leg, slow cooked in a full-flavoured tomato ragù sauce, tossed through tagliatelle pasta to serve and finished with shaved parmesan cheese.

 15 minutes + 4-6 hours slow cook  Lamb  2-3 servings

Mix up the sides!

The lamb ragù is delicious served over soft polenta, creamy mashed potatoes, gnocchi or rice! Leftovers are great in toasties, pies or wraps!

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve:	51g	28g	75g

FROM YOUR BOX

BROWN ONION	1
CELERY STALK	1
CARROT	1
BUTTERFLIED LAMB	400g
CHOPPED TOMATOES	400g
GARLIC CLOVE	1
TAGLIATELLE PASTA	250g
PARMESAN CHEESE	1 bag

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

slow cooker, frypan, large saucepan

NOTES

You can set the slow cooker to low heat and cook for 6–8 hours instead. If you don't have a slow cooker, you can cook the ragu in a heavy base casserole pan on the stove (add some more liquid!).

Use fresh rosemary or thyme instead of (or as well as) the oregano if you have in your garden!

No gluten option – pasta is replaced with GF pasta.

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



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1. PREPARE THE VEGETABLES

Set slow cooker to high heat (see notes).

Dice **onion**, **celery** and **carrot**. Add to slow cooker.



2. BROWN THE LAMB

Halve butterflied **lamb** and coat with **oil**, **salt** and **pepper**. Heat a frypan over high heat. Brown lamb on both sides.



3. SIMMER THE RAGÙ

Meanwhile, add **chopped tomatoes**, crushed **garlic** and **3 tsp oregano** (see notes) to slow cooker. Tuck lamb into sauce. Simmer for 3 1/2–4 hours or until tender.



4. SHRED THE LAMB

Bring a saucepan with water to a boil (for the pasta).

Meanwhile, remove lamb from slow cooker and use two forks to shred the meat. Return to slow cooker and season with **salt** and **pepper**.



5. COOK & TOSS THE PASTA

Add **tagliatelle** to boiling water and cook according to packet instructions or until cooked al dente. Drain and stir through ragu sauce (or serve separately at the table if preferred!).



6. FINISH AND SERVE

Serve tagliatelle and lamb ragu at the table topped with **parmesan cheese** to taste.

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