



### 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:	g	g	g

## FROM YOUR BOX

BROWN ONION	1
CELERY STALK	1
CARROT	1
BUTTERFLIED LAMB LEG	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 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 **ragù sauce** (or serve separately at the table if preferred!).



### 6. FINISH AND SERVE

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

**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**

