



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 Ragu with Fresh Pappardelle

A beautiful slow cooked beef chuck ragu, 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



4-6 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** 66g **TOTAL FAT** 19g **CARBOHYDRATES** 33g

FROM YOUR BOX

DICED CHUCK BEEF	800g
BROWN ONION	1
CARROTS	2
CELERY STICKS	2
GARLIC CLOVES	3
BAY LEAVES	3
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, **3 tsp thyme**, tomato paste, chopped tomatoes and **1 tin water (400ml)** 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**

