



### 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 Ragù with Pappardelle

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

 20 minutes + 4 hours slow cook  Beef  4/6 servings

## Save it!

*This beef ragù 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
4/6 Person:	64g	33g	79g/72g

## FROM YOUR BOX

	4 PERSON	6 PERSON
DICED CHUCK BEEF	800g	800g + 400g
BROWN ONION	1	1
CARROTS	2	2
CELERY STICKS	2	2
GARLIC CLOVES	3	4
BAY LEAVES (FRESH)	3	3
TOMATO PASTE	1 sachet	2 sachets
CHOPPED TOMATOES	400g	400g
PAPPARDELLE	500g	500g
PARSLEY	1 packet	1 packet
PARMESAN CHEESE	1 packet	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

frypan, slow cooker, saucepan

## NOTES

Cook on low for 6–8 hours instead (time may vary depending on beef size)

If pieces are large, break up with tongs or fork before mixing with pasta, or serve separately for easier leftovers.

**Protein Upsize Option:** when adding extra meat, increase liquid by adding **1/4 cup water**.

**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 in batches and cook until brown all over. Remove to slow cooker.



### 2. PREPARE THE INGREDIENTS

Dice **onion** and **carrots**. Slice **celery**. Slice or crush **garlic**. Set aside with **bay leaves**.



### 3. SIMMER THE RAGÚ

Add the **vegetables**, **3 tsp dried thyme**, **tomato paste**, **chopped tomatoes**, and **1 tin water (400ml)** 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).

**6P** – use **1 tbsp dried thyme** and **2 cups water**.



### 4. COOK THE PASTA

When the ragú 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 & RAGÚ

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

