Slow Cook Beef Ragu
with Pasta

Pulled beef ragu cooked in a rich tomato sauce, tossed through pasta.

⏱ 3-4 hours   🍴 2 servings   🥩 Beef

FROM YOUR BOX

BROWN ONION	1
CARROT	1
GARLIC CLOVE	1
ROSEMARY	1 stalk
TOMATO PASSATA	1 bottle
BEEF CHUCK ROAST	400g
LONG PASTA	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can serve this dish with a side of salad or steamed greens.

No gluten option – pasta is replaced with GF pasta.

1. PREPARE THE VEGETABLES

Set your slow cooker on high heat (add 2 hours to cook time if on low heat).

Dice onion and carrot. Add to slow cooker with crushed garlic clove and chopped rosemary leaves. Pour in passata. Stir to combine.

TIP *You can add 1 tbsp dried herb into the sauce for extra flavour. We added dried oregano. Add diced celery, capsicum or fennel if you want more vegetables in the sauce.*

2. COOK THE BEEF

Cut beef chuck roast in half and coat with **oil, salt and pepper**. Heat a large frypan over high heat. Brown the beef on each side. Add to slow cooker when browned and tuck into the sauce. Simmer for 3–4 hours until beef is tender. Remove beef from slow cooker and use two forks to shred the meat. Return to slow cooker and stir through. Season with **salt and pepper**.

TIP *If the sauce doesn't cover the beef in the slow cooker, turn the pieces over each hour.*

3. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions or until al dente. Drain pasta.

4. FINISH AND SERVE

Toss pasta through beef ragu sauce to serve.

TIP *Garnish the pasta with parmesan cheese if you have some!*

This recipe has simplified instructions to help lower your meal cost.