

Recipe

italian beef pasta

Our new italian beef pasta is a simple but ever so delicious classic beef ragu with carrots, mushrooms, tomatoes, and lots of tasty herbs, all mixed up with macaroni pasta. Cheese lovers can top this pasta dish with grated cheddar either before cooking or served in a separate bowl to encourage children's independence.

Ingredients

A glug of cooking oil

1 small onion - chopped

1 small punnet of mushrooms - chopped small

1 carrot - chopped or grated

300-500g beef mince

dried mushrooms - 5 pieces chopped

1 red pepper - chopped

1 small sweet potato - grated

3 garlic cloves - finely chopped

100g red lentils

1tbsp tomato paste

600g passata

1 tin of chopped tomatoes

500ml water

1 beef stock cube

1tbsp marmite

2 sprigs of rosemary (leaves only - chopped)

1tsp oregano

Pinch of black pepper

Method

Add oil to a wide based pan on medium heat, and wait for the oil to get hot. - Add chopped onion, mushrooms, and carrot and allow to gently cook for at least 15 minutes, only stirring now and then, until any water that gets released has evaporated and veg has started to caramelise.

Once veg is golden, remove onto a plate and then add a splash more oil to the pan before adding the beef mince. Cook the beef for 10 minutes, or until it has golden brown edges.

Add caramelised veg back into the pan with the browned beef and add red peppers, sweet potato, red lentils, tomato puree, and garlic. Give everything a good stir to combine.

Add chopped tomatoes, passata, water, stock cube, marmite, rosemary, dried oregano, black pepper, and dried mushrooms. Allow sauce to simmer, stirring occasionally for at least 1 hour until it has reduced and is thick and rich.

Please note: This recipe is correct at the time of publication on 12/05/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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