



BEEF & VEGGIE RAGU WITH CRISPY GARLIC BREADCRUMBS

Serves 4 | Serves of Veg 4 | 0:20 Prep | 0:25 Cook



NUTRITION PANEL

General	per serve	per 100g
Weight	553.925 g	100 g
Macro-Nutrients		
Energy	3903.749 kJ	704.743 kJ
Protein	55.666 g	10.049 g
Fat	45.076 g	8.138 g
Carbohydrate	70.988 g	12.815 g
Sugars	13.832 g	2.497 g
Water	362.754 g	65.488 g
Fibre	10.487 g	1.893 g
Vitamins		
Folate-Total	252.127 µg	45.516 µg
Minerals		
Sodium	735.912 mg	132.854 mg
Calcium	313.651 mg	56.623 mg
Phosphorus	619.170 mg	111.779 mg
Iron	6.918 mg	1.249 mg

SHOPPING LIST



Garlic Olive Oil



Panko Breadcrumbs



Carrot



Brown Onion



Beef Mince



Spaghetti



Butter



Balsamic Vinegar



Baby Spinach



Parmesan



Zucchini



Celery



Garlic & Herb Seasoning



Passata



Brown Sugar



Beef Stock Cube



Italian Herbs, Dried



Salt & Pepper

SCAN HERE MORE RECIPE IDEAS



Ingredients

Crispy Garlic Breadcrumbs

- 2 garlic cloves, finely chopped
- 1 tbs olive oil
- 80g panko breadcrumbs

Beef & Veggie Ragù

- 1 tbs olive oil
- 2 garlic cloves, finely chopped
- 1 large carrot, unpeeled grated
- 1 zucchini, unpeeled grated
- 1 large brown onion, finely chopped
- 2 celery stalk, finely chopped
- 500g beef mince
- 2 tbs garlic & herb seasoning, see Recipe Notes*
- 250g spaghetti
- 400g passata
- 60g butter
- 2 tsp brown sugar
- 2 tsp balsamic vinegar
- 2 beef stock cubes
- 250g baby spinach
- 1 tbs dried Italian herbs
- Shaved parmesan, to serve
- Salt & Pepper, to taste

Recipe Steps



Ronald McDonald
House Charities
Greater Western Sydney

1. Bring salted water to the boil in medium pot.
2. Heat medium saucepan to medium-high and add **1 tbs olive oil**.
3. *For breadcrumbs:* Add **garlic** to hot pan, stirring until aromatic. Add **panko breadcrumbs** and toast, tossing, until golden, 2-3 minutes. Carefully pour onto plate, set aside.
4. *For Ragù:* To same hot pan, add remaining olive oil, and **finely chopped onion, celery, grated carrot and zucchini**, cook until softened 6-8 mins.
5. Add **remaining garlic** and **garlic & herb seasoning**, until fragrant
6. Add **beef mince**, breaking up until browned, 4-5 mins.
7. Once salted water boils, add **spaghetti**. Cook until, 'al dente', 10 minutes. Reserve **1 ½ cups of pasta water**. Drain spaghetti once cooked, drizzle with little **olive oil** to prevent sticking.
8. Add **passata, butter, brown sugar, balsamic vinegar, reserved pasta water, beef stock cube** and **Italian herbs** to the frying pan. Stir to combine. Reduce heat to medium and simmer until slightly thickened, 4-6 minutes.
9. Add the drained spaghetti, **baby spinach leaves** and **grated Parmesan cheese** to the pan. Toss to coat. Season with salt and pepper.
10. Serve ragù hot, sprinkle over **crispy garlic breadcrumbs**

Recipe Notes

*Garlic & Herb Seasoning: store bought or mix together 1tsp garlic powder, 1 tsp onion powder & 1 tsp dried herbs (Rosemary, parsley, oregano)

Tip: 'Al dente' pasta is cooked through but still slightly firm in the centre, the pasta will finish cooking in the sauce, soaking up the delicious ragù.