



**HELLO
FRESH**

Easy Spaghetti and Harissa Beef Ragu

with Pepper and Greek Style Cheese

Prepped in 10

Preparation time : 35 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/easy-spaghetti-and-harissa-beef-ragu-440>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Large Saucepan, Colander, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Bell Pepper (unit(s))	1	1½	2
British Beef Mince (grams)	240	360	480
Tomato Passata (carton(s))	1	1½	2
Harissa Paste (grams)	50	75	100
Chicken Stock Paste (grams)	10	15	20
Spaghetti (grams)	180	270	360
Greek Style Salad Cheese (grams)	50	75	100
Wild Rocket (grams)	20	30	40
Honey (tbsp)	1	1½	2
Water for the Sauce (milliliter(s))	150	225	300
Butter (grams)	20	30	40

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3790 kJ
Energy (kcal)	906 kcal
Fat	41.5 g
of which saturates	17.8 g
Carbohydrate	87.7 g
of which sugars	20.2 g
Dietary Fibre	7.2 g
Protein	45.1 g
Salt	2.8 g

Allergens

Mustard, Milk, Wheat, May contain traces of allergens, Soya, Cereals containing gluten

Always check the product labels for allergen information.



Start the Prep

Bring a large saucepan of **water** to the boil with ¼ **tsp salt** for the **spaghetti**.
Halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.



Fry the Mince

Heat a drizzle of **oil** in a large frying pan on medium-high heat.
Once hot, add the **beef mince** and **sliced pepper**. Fry until browned, 6-8 mins. Use a spoon to break it up as it cooks.
When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.
Stir in the **passata**, **harissa paste**, **chicken stock paste**, **honey** and **water for the sauce** (see pantry for both amounts), then bring to the boil. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Cook the Pasta

Once boiling, reduce the heat and simmer until the **sauce** has thickened, 10-12 mins, stirring occasionally. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*
Meanwhile, when the **water** is boiling, add the **spaghetti** to the **water** and bring back to the boil. Cook until tender, 8 mins.
Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Stir and Combine

Once the **sauce** has thickened, add the **cooked spaghetti** to the pan. Mix together well to ensure the **pasta** is well coated in the **sauce**.



Finishing Touches

To finish, stir the **butter** (see pantry for amount) into the **pasta**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Serve

Share the **spaghetti** out between your bowls.
Crumble over the **cheese** and top with the **rocket leaves** to serve.

Enjoy your meal!