



Greek Style Beef and Olive Ragu

with Spaghetti, Greek Style Cheese and Tenderstem®

Prepped in 10

Preparation time : 30 min.



British Beef

Mince



Tenderstem®

Broccoli



Garlic Clove



Tomato Puree



Mixed Herbs



Red Wine Stock

Paste



Worcester



Spaghetti



Sauce



Greek Style

Salad Cheese



Black Olives



Sugar



Wild Rocket



Butter



Water for the

Sauce



Butter



What did you think of this recipe?
Scan the QR code to share your feedback.

Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/greek-style-beef-and-olive-ragu-47>

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

Garlic Press, Large Saucepan, Lid, Colander

Ingredients for 1-6 people

Ingredient	2p	3p	4p
British Beef Mince (grams)	240	360	480
Tenderstem® Broccoli (grams)	80	160	160
Garlic Clove (unit(s))	2	3	4
Tomato Puree (grams)	60	90	120
Mixed Herbs (sachet(s))	1	1	2
Red Wine Stock Paste (grams)	28	42	56
Worcester Sauce (grams)	15	22½	30
Spaghetti (grams)	180	270	360
Black Olives (grams)	30	45	60
Greek Style Salad Cheese (grams)	50	75	100
Wild Rocket (grams)	20	40	40
Sugar (tsp)	1½	2¼	3
Water for the Sauce (milliliter(s))	250	350	500
Butter (grams)	20	30	40
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3536 kJ
Energy (kcal)	845 kcal
Fat	33.1 g
of which saturates	15.9 g
Carbohydrate	88.9 g
of which sugars	19 g
Dietary Fibre	7.5 g
Protein	46.1 g
Salt	3.76 g

Allergens

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

Always check the product labels for allergen information.



Get Started

Heat a drizzle of **oil** in a large, wide-bottomed pan on medium-high heat.
Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*
When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.



Flavour Time

Meanwhile, halve any thick **broccoli stems** lengthways. Peel and grate the **garlic** (or use a garlic press).
Add the **garlic** and **tomato puree** to the pan. Stir-fry until fragrant, 1 min.
Stir through the **mixed herbs**, **red wine stock paste**, **Worcester sauce** and the **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.



Simmer the Ragu

Bring the **ragu** to the boil, cover the pan with a lid, then lower to a simmer.
Cook until thickened, 10-12 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*
Meanwhile, pop the **Tenderstem® broccoli** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
Roast on the middle shelf until tender and crispy, 10-12 mins.
If you'd prefer to boil your broccoli, add to the pan of pasta in step 4 for the last 4-5 mins, until tender.



Cook the Pasta

Meanwhile, bring a large saucepan of **water** to the boil with ½ tsp salt for the **spaghetti**.
When 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.



All Together Now

When everything's ready, stir the **butter** (see pantry for amount), **olives** and **cooked pasta** through the **ragu**.
Add a splash of **water** if you need to loosen the **sauce**.



Serve Up

Share the **ragu** and **pasta** between your serving bowls.
Crumble over the **Greek style salad cheese**, top with a handful of **rocket** and a drizzle of **oil over** the leaves to finish.
Serve the **broccoli** alongside.

Enjoy your meal!