







Braised Beef Ragu Linguine

with Balsamic Spinach Salad

20-min



-  Shredded Beef
-  Linguine
-  Carrot
-  Garlic Puree
-  Onion, chopped
-  Baby Spinach
-  Crushed Tomatoes
-  Balsamic Glaze
-  Parmesan Cheese
-  Italian Seasoning

HELLO SHREDDED BEEF

Slow-cooked flavours in a fraction of the time!

Start here

- Before starting, In a large pot, add 10 cups warm water and 2 tsp salt (NOTE: Use same for 4 ppl.)
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust Out

Vegetable peeler, measuring spoons, strainer, box grater, large bowl, measuring cups, whisk, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Shredded Beef	300 g	600 g
Linguine	170 g	340 g
Carrot	170 g	340 g
Garlic Puree	1 tbsp	2 tbsp
Onion, chopped	56 g	113 g
Baby Spinach	113 g	227 g
Crushed Tomatoes	370 ml	740 ml
Balsamic Glaze	2 tbsp	4 tbsp
Parmesan Cheese	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Peel, then coarsely grate **carrot**.



2 Cook linguine

Add **linguine** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 10-12 min. Reserve **¾ cup pasta water** (dbl for 4 ppl), then drain and return to the same pot. Set aside.



3 Start sauce

While **linguine** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **onions** and **half the carrots**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 3-4 min. Add **garlic puree** and **Italian Seasoning**. Cook, stirring often, until fragrant, 1 min. Reduce heat to medium, then add **crushed tomatoes** and **half the balsamic glaze**. Cook, stirring occasionally, until **sauce** is slightly thickened, 6-8 min.



4 Make salad

While **sauce** cooks, whisk together **remaining balsamic glaze** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **remaining carrots** and **half the spinach**. Season with **salt** and **pepper**, then toss to combine.



5 Assemble

Add **shredded beef** to **sauce** and cook, breaking up **beef** with a spoon, until heated through, 3-4 min. ****** Add **beef mixture**, **remaining spinach**, **half the Parmesan** and **½ cup of the reserved pasta water** (dbl for 4 ppl) to the large pot with **linguine**. Toss to combine, then season with **salt** and **pepper**. (NOTE: Adjust sauce consistency with remaining reserved pasta water, if desired.)



6 Finish and serve

Divide **linguine** and **sauce** between plates. Serve **salad** on the side. Sprinkle **remaining Parmesan** over top.

Dinner Solved!