



Central American Spiced Pork Ragu

with peas, cheese and buttery mash

Family 30 – 35 mins

4



Pork Mince



Potatoes



Onion



Garlic



Central American Style Spice Mix



Passata



Chicken Stock



Grated Cheese



Peas



Baby Spinach



Worcester Sauce

Pantry Items: Water, Salt, Sugar, Pepper, Oil, Butter, Milk (Optional)



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Pork Mince	240 g	480 g
Potatoes	600 g	1200 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Central American Style Spice Mix	2 sachets	4 sachets
Passata	1 pack	2 packs
Chicken Stock	1 sachet	2 sachets
Grated Cheese	50 g	100 g
Peas	120 g	240 g
Baby Spinach	60 g	120 g
Worcester Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	711 g	100 g
Energy (kJ/kcal)	3071.1 kJ/ 734 kcal	431.9 kJ/ 103.2 kcal
Fat (g)	25.7 g	3.6 g
Sat. Fat (g)	11.6 g	1.6 g
Carbohydrate (g)	84 g	11.8 g
Sugars (g)	19.7 g	2.8 g
Protein (g)	41.9 g	5.9 g
Salt (g)	2.8 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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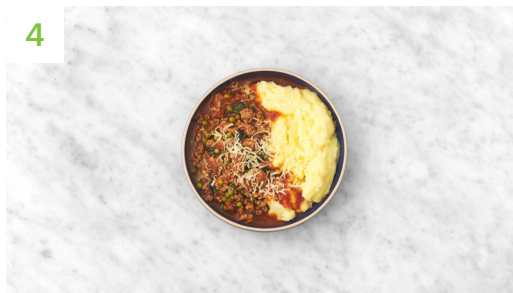


You can recycle me!



Make the Mash

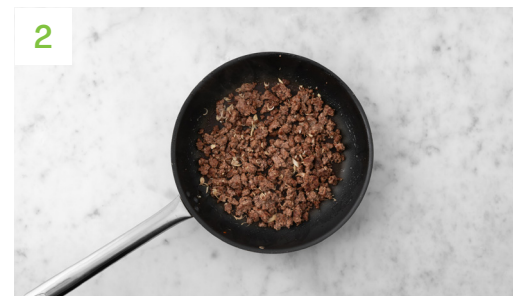
- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and pop back in the pot (off the heat).
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Finish and Serve

- When everything is ready, add a dollop of buttery mash to one side of each bowl.
- Spoon a helping of spiced **pork** ragu alongside.
- Finish with a scattering of **cheese**.

Enjoy!



Fry the Mince

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Place a large pan over medium-high heat (no oil).
- Once the pan is hot, fry the **mince** and **onion** until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Pork is cooked when no longer pink in the middle.
- Use a spoon to break up the **mince** as it cooks. Season with **salt** and **pepper**.



Simmer the Sauce

- Peel and grate the **garlic** (or use a garlic press).
- Once the **mince** is browned, add **garlic** and **Central American spice**. Cook until fragrant, 30 secs.
- Stir in **passata**, **Worcester sauce**, **stock**, ½ tsp **sugar** and 75ml **water** (double both for 4p).
- Bring to the boil, then lower the heat and simmer until thickened, stirring occasionally, 5-6 mins.
- Add the **peas** and **spinach** and cook until wilted and warmed through, 1 min. Season to taste with **salt** and **pepper**.