

Product Spotlight: Ricotta

Ricotta means re-cooked - it is made by gently heating the whey left from other cheeses until soft curds form, which is why it is so light and creamy.

Lamb Ragú

with Lemon Ricotta

A family-friendly twist on classic ragú, made with tender lamb mince, grated vegetables and mild spices in a rich tomato sauce. Served over pasta and finished with zesty ricotta and fresh parsley.

35 minutes Lamb 2 servings

Switch the Flavours!

You can use fresh rosemary, dried oregano or a pinch of ground cumin to boost the flavours! For a spiced flavour, switch the dried rosemary for 1-2 tsp curry powder.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	25g	47g

FROM YOUR BOX

LONG PASTA	500g
BROWN ONION	1
LAMB MINCE	300g
CARROT	1
ZUCCHINI	1
TOMATO PASTE	1 sachet
TINNED CHOPPED TOMATOES	400g
RICOTTA	1 tub
LEMON	1
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary

KEY UTENSILS

large frypan, saucepan

NOTES

You can use fresh rosemary if you have some. Dried oregano or thyme will also work well.

You can use a stick mixer or blender to whip the ricotta for a smoother finish.

No gluten option - long pasta is replaced with GF pasta.

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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Drain **pasta**.



2. BROWN THE LAMB

Heat a frypan over medium-high heat with **oil**. Dice and add **onion** with **lamb mince**. Cook for 5 minutes, or until browned. Season with **salt and pepper**.



3. SAUTÉ THE VEGETABLES

Grate **carrot** and dice **zucchini** (or grate for quicker cooking). Add to pan along with **1/2 tbsp dried rosemary** (see notes). Cook for 2–3 minutes, until softened and fragrant.



4. SIMMER THE SAUCE

Stir in **tomato paste** and **chopped tomatoes**. Cover and simmer for 10 minutes. Season with **salt and pepper** to taste.



5. PREPARE THE RICOTTA

Meanwhile, combine **ricotta** with **1/2 lemon zest and juice**, wedge remaining (see notes). Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Toss **cooked pasta** with **lamb ragu** and divide between bowls. Top with **lemon ricotta** and chopped **parsley**. Serve with **lemon wedges** on the side.

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