

# MARLEY SPOON



## Provençal Beef Ragu

with Linguine



20-30min



2 Portions

With Italy just a stone's throw away from Provence, it's no surprise that this French region's cuisine features many typical Italian ingredients. Think of this minced beef ragu as a bolognese that's dressed up with thyme, anchovy, capsicum and deliciously salty olives and capers for a bold Mediterranean pasta sauce.



## What we send

- 1 onion and 1 red capsicum
- can diced tomatoes
- capers
- 1 garlic clove, thyme and parsley
- grass-fed beef mince
- anchovy fillets <sup>4</sup>
- pitted black olives
- linguine <sup>1</sup>

## What you'll require

- caster sugar
- olive oil
- sea salt and pepper

## Utensils

- large saucepan
- medium saucepan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Fish (4). May contain traces of other allergens.

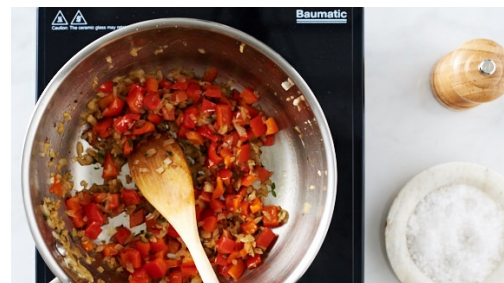
## Nutrition per serving

Energy 745.0kcal, Fat 17.7g, Proteins 49.0g, Carbs 92.1g



### 1. Prepare ingredients

Finely chop the **onion** and **garlic**. Pick the **thyme** leaves. Finely chop the **anchovy**. Cut the **capsicum** into 1cm chunks, discarding the core and the seeds.



### 2. Cook ragu base

Heat the **oil** in a medium saucepan over medium heat. Add the **onion, garlic, thyme, anchovy** and **capsicum**. Season with **salt and pepper**, and cook, stirring, for 5 mins or until onion has softened. Meanwhile, bring a large saucepan of salted water to the boil for the linguine.



### 3. Add beef

Increase the heat to high, add the **beef** to the onion mixture and cook for 3-4 mins until browned, stirring to break up any lumps. Add the **tomatoes** and **sugar**, and bring to a simmer. Reduce heat to low, then cover with a lid and cook for 10 mins.



### 4. Cook linguine

Meanwhile, cook **linguine** in the pan of boiling salted water for 10 mins or until al dente. Drain in a colander.



### 5. Prepare other ingredients

Meanwhile, coarsely chop the **olives**. Drain and rinse the **capers** in a sieve, then coarsely chop. Finely chop the **parsley**, including the stems.



### 6. Get ready to serve

Stir the **olives** and **capers** into the ragu and cook for a further 5 mins or until thickened. Add the **linguine** and **half the parsley**, and toss to combine. Divide among bowls and scatter with the **remaining parsley** to serve.