

# MARLEY SPOON



## Provencal Beef Ragu

with Capers, Olives and Pasta



30-40min



2 Portions

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

## What we send

- 1
- 4
- parsley
- thyme
- 1 garlic clove

## What you'll require

- olive oil
- sea salt and pepper
- sugar

## Utensils

- box grater
- large deep frypan
- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

If you have any picky eaters or little ones, serve the olives and capers at the table so everyone can help themselves.

## Allergens

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

## Nutrition per serving

Energy 790kcal, Fat 27.2g, Carbs 79.0g, Proteins 51.5g



### 1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Trim and coarsely grate the **zucchini**. Pick **half the thyme** leaves (the remaining thyme won't be used in this dish).



### 4. Cook pasta

Meanwhile, cook **three quarters of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling water for 7-9 mins until al dente. Drain.



### 2. Start sauce

Heat **1 tbs olive oil** in a large deep frypan over medium-high heat. Add the **onion, garlic, capsicum, zucchini, thyme** and **anchovy paste**, season with **salt and pepper** and cook, stirring, for 5 mins or until the vegetables have softened.



### 5. Chop ingredients

While the pasta is cooking, coarsely chop the **olives**. Coarsely chop the **capers**. Finely chop the **parsley**, including the stems.



### 3. Add beef

Increase the heat to high, add the **beef mince** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **cherry tomatoes** and a **pinch of sugar** and bring to a simmer. Reduce the heat to medium-low, cover and cook for 10 mins.



### 6. Get ready to serve

Stir the **parsley, olives** and **capers** (see cooking tip) into the sauce and cook for 5 mins or until the sauce has thickened. Add the **pasta** to the **sauce** and toss until well coated. Divide the **pasta** among bowls to serve.