

MARLEY SPOON



Provencal Beef Ragu

with Capers, Olives and Pasta



30-40min



4 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
- thyme
- 2 garlic cloves

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 79.1g, 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 **capsicums** into 1cm chunks, discarding the seeds and membrane. Trim and coarsely grate the **zucchini**. Pick the **thyme** leaves.



2. Start sauce

Heat **2 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.



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 **large pinch of sugar** and bring to a simmer. Reduce the heat to medium-low, cover and cook for 10 mins.



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.



5. Chop ingredients

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



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.