

# DINNERLY



## Kid Approved: Aussie Beef Ragu with Potato Wedges and Spinach



30 minutes



2 Servings

Keep the kids happy – and the adults too! Simply choose our 'kid-approved' recipes filled with crowd-pleasing flavours and ingredients, then watch the whole family tuck in. You can thank us later!

- 2 potatoes
- 10g country seasoning <sup>1</sup>
- 1 carrot
- 1 onion
- 2 garlic cloves
- 50g tomato paste
- lean beef mince
- 50g baby spinach leaves

- 1½ tbs olive oil
- 1 tbs barbecue sauce
- ½ tsp balsamic or red wine vinegar

- oven tray
- baking paper
- medium deep frypan

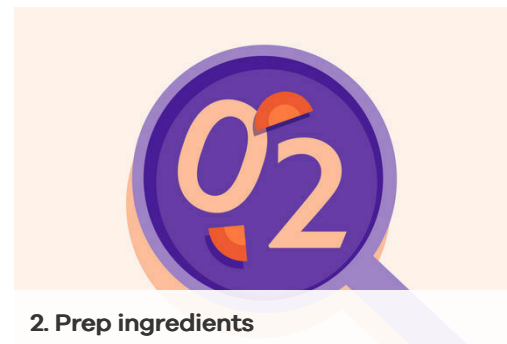
Our veggies come straight from the farm,  
so please wash them before cooking.

Sulphites (1). May contain traces of other allergens.

Energy 645kcal, Fat 29.4g, Carbs 52.2g,  
Protein 41.3g



Preheat the oven to 220C, fan-forced. Line an oven tray with baking paper. Cut the **unpeeled potatoes** into 2cm-thick wedges. Put the potato on the lined tray, drizzle with **1 tbs olive oil**, scatter with **half the country seasoning** and toss to coat. Roast for 20-25 mins until golden and tender.



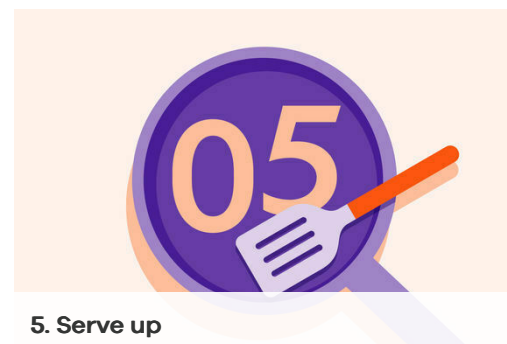
Meanwhile, finely chop the **carrot** and **onion**. Crush or finely chop the **garlic**. To make the stock, put the **tomato paste**, **remaining country seasoning**, **1 tbs barbecue sauce** and **250ml (1 cup) hot water** in a jug. Season with **salt and pepper** and stir to combine.



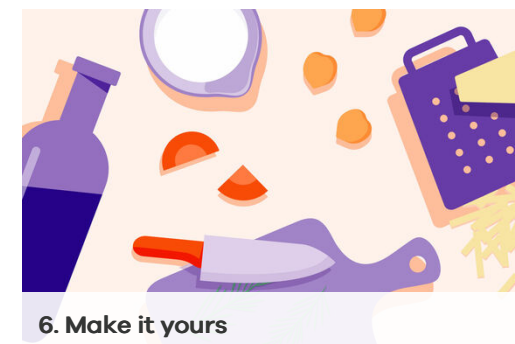
Heat **1 tsp olive oil** in a medium deep frypan over medium heat. Cook the **carrot, onion and garlic**, stirring, for 3-4 mins until softened. Increase the heat to high, add the **beef mince** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned.






Add the **stock** to the beef mixture and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 6-8 mins until slightly thickened. Add **half the spinach** (see Make it yours) and stir until wilted. Remove the pan from the heat. Taste, then season with **salt and pepper**.



Combine **1 tsp olive oil** and **½ tsp balsamic vinegar** in a large bowl and season with **salt and pepper**. Add the **remaining spinach** and toss to coat. Divide the **beef ragu** and **potato wedges** among bowls. Serve with the **dressed spinach** and enjoy!



Don't feel like fresh spinach on the side?  
Simply add all the spinach to the ragu in Step  
4.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](http://dinnerly.com.au)    **#dinnerly**

 **Packed in Australia**  
from at least 85%  
Australian ingredients