



From the
Batch &
Match Recipe

Beef Ragu

Per 150g serving

NET CARBS	FIBRE	PROTEIN	FAT	KCAL
6g	2g	33g	31g	473



by Katie Caldesi

Makes 2 people ⌚ 10 mins cooking time

This is dish 2 using my Batch and Match Beef Stew recipe

A meat sauce, known as a ragu in Italian, doesn't have to be made from minced meat like a Bolognese. Many ragus are made with a whole piece of beef or larger pieces like this recipe. My husband, Giancarlo, adds cream to the beef stew to thin it down into a rich, sticky ragu and loves it over the vegetable noodles made from spiralised swede or courgette. He always tops it with grated Parmesan or Grana Padano.

INGREDIENTS

Approx. 300g (10½oz) Beef Stew
([click here for recipe](#))

2 tablespoons double cream (optional)

1 quantity vegetable noodles, hot

25g (1oz) Parmesan or Grana Padano
cheese, finely grated or shaved

salt and pepper

METHOD

1. Reheat the beef stew until it is bubbling, adding enough water to give it a sauce consistency and break up any larger pieces of meat with a wooden spoon. You can also take 2 forks to the stew to break up the meat giving a pulled appearance.
2. Add the cream, if using.
3. Taste and adjust the seasoning to your liking.
4. Serve over the vegetable noodles, topped with the cheese.