



Nan's Beef & Hidden Veggie Spaghetti with Parmesan Cheese

KID FRIENDLY

Grab your Meal Kit
with this symbol



Celery



Leek



Carrot



Spaghetti



Beef Mince



Tomato Paste



Nan's Special
Seasoning



Garlic & Herb
Seasoning



Cream



Beef-Style
Stock Powder



Grated Parmesan
Cheese



Diced
Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

Twirl your fork around this beef and veggie spaghetti and you'll quickly discover how easy and tasty it is to eat! Served with a creamy tomato-based sauce and topped with Parmesan cheese, it's melt-in-your-mouth delicious!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
leek	1	2
carrot	½	1
spaghetti	1 medium packet	2 medium packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
beef-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4250kJ (1015Cal)	911kJ (217Cal)
Protein (g)	48.4g	10.4g
Fat, total (g)	51.4g	11g
- saturated (g)	26.5g	5.7g
Carbohydrate (g)	83.2g	17.8g
- sugars (g)	14.6g	3.1g
Sodium (mg)	1657mg	355mg
Dietary Fibre (g)	7.8g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4835kJ (1155Cal)	936kJ (223Cal)
Protein (g)	56.4g	10.9g
Fat, total (g)	63.5g	12.3g
- saturated (g)	30.9g	6g
Carbohydrate (g)	83.2g	16.1g
- sugars (g)	14.6g	2.8g
Sodium (mg)	2056mg	398mg
Dietary fibre	7.8g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW17



1



Cook the pasta

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Finely chop **celery**. Thinly slice **leek**. Grate **carrot (see ingredients)**.
- Cook **spaghetti** in boiling water, over high heat, until 'al dente', **10 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain and return **spaghetti** to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Remember the water is boiling, so be careful!

3



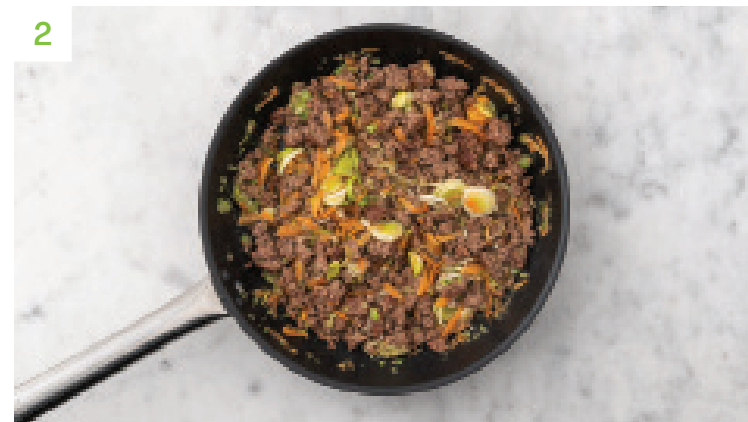
Bring it all together

- Reduce heat to medium, then add **tomato paste**, **Nan's special seasoning** and **garlic & herb seasoning**. Cook, stirring, until fragrant, **1-2 minutes**.
- Add **cream (see ingredients)**, **beef-style stock powder** and reserved **pasta water** and cook, stirring, until slightly thickened, **1-2 minutes**.
- Remove pan from heat, then add cooked **spaghetti** and toss to coat. Season with **salt** and **pepper**.

TIP: Add a splash more water to your sauce if it's looking dry!

TIP: Toss the pasta and sauce in the saucepan if your frying pan isn't big enough.

2



Cook the beef & veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **celery**, **leek** and **carrot**, stirring, until softened, **4-5 minutes**.
- Add **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.

Custom Recipe: If you've added diced bacon, cook along with veggies, breaking up with a spoon, until golden, 6-7 minutes. Continue with recipe.

4



Serve up

- Divide Nan's beef and hidden veggie spaghetti between bowls.
- Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate