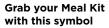
# Beef Bolognese Pasta Bake

with Mixed Salad









**Brown Onion** 







Carrot











Garlic & Herb Seasoning



**Tomato Paste** 



**Chopped Tomatoes** 



**Beef Stock** 





Baby Spinach Leaves

**Shredded Cheddar** Cheese



**Mixed Salad** Leaves

**Pantry items** 

Olive Oil, Butter, Balsamic Vinegar

Hands-on: 30 mins Ready in: 45 mins

Pasta bakes are a classic for a reason, and they're even better when loaded with veggies, topped with herby tomato sauce and finished with a golden cheesy topping. Time to get back to the basics and dig into this baked delight!

Unfortunately, this week's courgette was in short supply, so we've replaced it with baby spinach leaves. Don't worry, the recipe will be just as delicious!

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large saucepan · Large frying pan · Large baking dish

### **Ingredients**

	4 People
olive oil*	refer to method
brown onion	1
capsicum	2
carrot	2
garlic	4 cloves
penne	2 packets
beef mince	1 packet
garlic & herb seasoning	1 sachet
tomato paste	1 packet
chopped tomatoes	2 tins
butter*	40g
salt*	½ tsp
beef stock	1 sachet
baby spinach leaves	1 bag (60g)
shredded Cheddar cheese	<b>1 packet</b> (100g)
mixed salad leaves	<b>1 bag</b> (60g)
balsamic vinegar*	2 tsp

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3840kJ (918Cal)	<b>512kJ</b> (122Cal)
Protein (g)	50.5g	6.7g
Fat, total (g)	31.9g	4.2g
- saturated (g)	15.7g	2.1g
Carbohydrate (g)	100g	13.4g
- sugars (g)	26.8g	3.6g
Sodium (g)	2270mg	302mg

#### **Allergens**

Please visit HelloFresh.co.nz/recipes for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



# 1. Get prepped

Preheat the oven to 220°C/200°C fan-forced. Bring a large saucepan of lightly salted water to the boil. Finely chop the **brown onion** and **capsicum**. Grate the carrot (unpeeled). Finely chop the garlic (or use a garlic press).



## 2. Cook the penne

Add the **penne** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Reserve 1/2 cup of pasta water for the sauce. Drain and return the **pasta** to the saucepan.

**TIP:** 'Al dente' means the pasta is cooked through but has a tiny bit of firmness left in the middle.



## 3. Make the bolognese

In a large frying pan, heat a drizzle of olive oil over a high heat. Add the onion and capsicum and cook until starting to soften, 3-4 minutes. Reduce the heat to medium-high and add the beef mince. Cook, breaking up with a spoon, until just browned, 4-5 minutes. Add the carrot and cook until just tender, 2-3 minutes.



# 4. Assemble the pasta bake

Add the garlic & herb seasoning, tomato paste and garlic to the frying pan and cook until fragrant, 1 minute. Add the chopped tomatoes, butter, the salt and reserved pasta water. Add the beef stock and baby spinach leaves, stir to combine, then simmer until slightly thickened, 2-3 minutes. Season to taste with pepper. Transfer the bolognese to a large baking dish and gently stir through the cooked **penne**. Top with the **shredded** Cheddar cheese. Bake until the cheese is melted and golden, 10-12 minutes.



## 5. Make the salad

While the pasta is baking, combine the **mixed** salad leaves, balsamic vinegar and 4 tsp of olive oil in a large bowl.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



# 6. Serve up

Divide the beef bolognese pasta bake between bowls. Serve with the mixed salad.

**Enjoy!**