



Beef Bolognese Pasta Bake

with Mixed Salad

Grab your Meal Kit with this symbol



Brown Onion



Capsicum



Carrot



Garlic



Penne



Beef Mince



Garlic & Herb Seasoning



Tomato Paste



Chopped Tomatoes



Beef Stock



Baby Spinach Leaves



Shredded Cheddar Cheese



Mixed Salad Leaves

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!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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	1 packet (100g)
mixed salad leaves	1 bag (60g)
balsamic vinegar*	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3840kJ (918Cal)	512kJ (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](https://www.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).



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**.



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.



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.



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**.



6. Serve up

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

Enjoy!