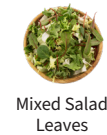
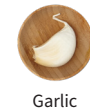



# Nan's Beef & Veggie Penne

with Pear Salad & Grated Parmesan

Grab your Meal Kit with this symbol



 Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

This saucy creation uses a rich tomato and chargrilled capsicum base to coat penne, with chunks of tender beef mince and flavoursome Parmesan. Add a crispy pear salad on the side, and you've got a new recipe that's sure to please everyone. Compliments to the chef!

## Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter, White Wine 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
pear	1	2
garlic	2 cloves	4 cloves
penne	1 packet	2 packets
beef mince	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
crushed & sieved tomatoes	1 tin	2 tins
balsamic vinegar*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
butter*	20g	40g
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	1 tsp	2 tsp
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4201kJ (1004Cal)	657kJ (157Cal)
Protein (g)	49.8g	7.8g
Fat, total (g)	35.3g	5.5g
- saturated (g)	19.1g	3g
Carbohydrate (g)	104.6g	16.4g
- sugars (g)	26.1g	4.1g
Sodium (mg)	1567mg	245mg

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



## Get prepped

Bring a medium saucepan of salted water to the boil. Grate the **carrot**. Thinly slice the **pear**. Finely chop the **garlic**.



## Make it saucy

Add the **crushed & sieved tomatoes**, **balsamic vinegar**, **brown sugar** and the **salt** to the **beef mince**. Stir and simmer until slightly thickened, **4-5 minutes**. Season with **pepper**. Stir through the **butter** until melted. Add the **chargrilled capsicum relish** and cooked **penne** and stir to coat. Season to taste.



## Cook the pasta

Cook the **penne** in the boiling water until 'al dente', **10 minutes**. Drain and return to the saucepan. Drizzle with **olive oil** to prevent the **penne** from sticking together.

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



## Make the salad

In a medium bowl, combine the **mixed salad leaves**, **pear**, **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Toss to coat.



## Cook the beef

While the penne is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until just browned, **3-4 minutes**. Add the **carrot** and cook until slightly softened, **2-3 minutes**. Add the **garlic** and **Nan's special seasoning** and cook until fragrant, **1-2 minute**.



## Serve up

Divide the beef and veggie penne between bowls. Top with the **grated Parmesan cheese** and serve with the pear salad.

Enjoy!