



Nan's Creamy Beef & Veggie Pasta

with Parmesan

Grab your Meal Kit with this symbol



Celery



Garlic



Leek



Farfalle



Beef Mince



Tomato Paste



Nan's Special Seasoning



Garlic & Herb Seasoning



Longlife Cream



Beef-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: 20-30 mins
Ready in: 25-35 mins

This saucy creation uses a creamy tomato sauce to coat farfalle, with chunks of tender beef mince and flavoursome Parmesan. Add greens that gently wilt when tossed with the pasta, and you've got a new recipe that's sure to please everyone.

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
garlic	1 clove	2 cloves
leek	1	2
farfalle	1 packet	2 packets
beef mince	1 packet	1 packet
tomato paste	1 packet	2 packets
Nan's special seasoning	1 sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4469kJ (1068Cal)	999kJ (238Cal)
Protein (g)	51.1g	11.4g
Fat, total (g)	52.2g	11.7g
- saturated (g)	29g	6.5g
Carbohydrate (g)	80.3g	17.9g
- sugars (g)	13.2g	2.9g
Sodium (mg)	1628mg	364mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Bring a large saucepan of salted water to the boil. Finely chop the **celery** and **garlic**. Thinly slice the white and light green parts of the **leek**.



Add the veggies

Add the **celery** and **leek** to the **beef** and cook until softened, **3-4 minutes**.



Cook the pasta

Cook the **farfalle** in the boiling water until 'al dente', **12 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain the **farfalle** and return 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.



Make it creamy

Reduce the frying pan to a medium heat. Cook the **garlic**, **tomato paste**, **Nan's special seasoning** and **garlic & herb seasoning** until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), reserved **pasta water**, **beef-style stock powder** and **baby spinach leaves** and cook, stirring, until warmed through, **1 minute**. Remove the pan from the heat, then add the cooked **farfalle** and toss to coat. Season to taste.

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.



Cook the beef

While the pasta 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**.



Serve up

Divide the creamy beef and veggie pasta between bowls. Sprinkle over the **grated Parmesan cheese** to serve.

Enjoy!