



# Quick Creamy Beef & Veggie Pasta

with Parmesan

Grab your Meal Kit  
with this symbol



Celery



Leek



Carrot



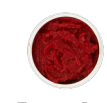
Garlic



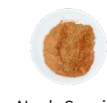
Spaghetti



Beef Mince



Tomato Paste



Nan's Special  
Seasoning



Garlic & Herb  
Seasoning



Longlife Cream



Beef-Style  
Stock Powder



Grated Parmesan  
Cheese



Grated  
Parmesan  
Cheese

## Keep an eye out...

Due to recent sourcing challenges, we've replaced trottole with spaghetti and spinach with carrot, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

This saucy creation uses a creamy tomato sauce to coat spaghetti, 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.



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

## 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 with a lid · 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	1	2
garlic	1 clove	2 cloves
spaghetti	1 medium packet	1 large packet
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)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

\*Pantry Items \*\*Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4075kJ (974Cal)	911kJ (218Cal)
Protein (g)	50g	11.2g
Fat, total (g)	45.2g	10.1g
- saturated (g)	24.9g	5.6g
Carbohydrate (g)	80.5g	18g
- sugars (g)	13.2g	2.9g
Sodium (mg)	1641mg	367mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4312kJ (1030Cal)	932kJ (222Cal)
Protein (g)	53.5g	11.6g
Fat, total (g)	49.5g	10.7g
- saturated (g)	27.6g	6g
Carbohydrate (g)	80.6g	17.4g
- sugars (g)	13.3g	2.9g
Sodium (mg)	1773mg	383mg

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.



Cook the spaghetti

- Bring a large saucepan of salted water to the boil. Finely chop **celery**. Thinly slice white and light green parts of **leek**. Finely chop **carrot** and **garlic**.
- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **spaghetti** 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.



Bring it all together

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

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



Serve up

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

CUSTOM RECIPE

If you've added extra Parmesan cheese to your meal, sprinkle it over the pasta to serve.

Enjoy!