

Quick Beef & Mushroom Linguine

with Garlic Pangrattato & Apple Salad

Grab your Meal Kit with this symbol



Linguine



Garlic



Button Mushrooms



Panko Breadcrumbs



Beef Mince



Tomato Paste



Garlic & Herb Seasoning



Beef-Style Stock Powder



Tomato Sugo



Apple



Mixed Salad Leaves



Grated Parmesan Cheese

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

We've livened up a classic pasta dish with flavourful beef mince, tender mushrooms and our much-loved garlic & herb seasoning. You're going to impress even your toughest critic with this gorgeous offering.



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

Pantry items

Olive Oil, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
linguine	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
button mushrooms	1 packet	1 packet
panko breadcrumbs	½ packet	1 packet
beef mince	1 packet	1 packet
tomato paste	½ packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
tomato sugo	1 packet	1 packet
apple	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3456kJ (826Cal)	682kJ (163Cal)
Protein (g)	45.8g	9g
Fat, total (g)	21.6g	4.3g
- saturated (g)	10.9g	2.2g
Carbohydrate (g)	93.2g	18.4g
- sugars (g)	12.1g	2.4g
Sodium (mg)	1061mg	209mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3692kJ (882Cal)	708kJ (169Cal)
Protein (g)	50.8g	9.7g
Fat, total (g)	25.5g	4.9g
- saturated (g)	13.5g	2.6g
Carbohydrate (g)	93.2g	17.9g
- sugars (g)	12.1g	2.3g
Sodium (mg)	1167mg	224mg

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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Cook the linguine

- Bring a large saucepan of salted water to the boil.
- Cook **linguine** in boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people). Drain, then return **linguine** to pan.
- Meanwhile, finely chop **garlic**. Thinly slice **button mushrooms**.

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



Make the sauce

- Return frying pan to a high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **3-4 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to low, then add **tomato paste** (see ingredients), **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**. Add **beef-style stock powder**, **tomato sugo** and reserved **pasta water** and simmer until slightly reduced, **1-2 minutes**. Season.



Make the garlic pangrattato

- In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and season to taste.



Serve up

- While sauce is cooking, thinly slice **apple**. In a large bowl, combine apple, **mixed salad leaves** and a drizzle of **balsamic vinegar** and olive oil. Season.
- Return linguine to frying pan with sauce and toss to combine.
- Divide beef and mushroom linguine between plates. Top with garlic pangrattato. Serve with apple salad.

CUSTOM RECIPE

If you've added grated Parmesan cheese to your meal, sprinkle over the pasta as garnish.

Enjoy!