



Quick Creamy Beef Penne

with Grated Parmesan

Grab your Meal Kit with this symbol



Celery



Garlic



Carrot



Brown Onion



Penne



Beef Mince



Tomato Paste



Garlic & Herb Seasoning



Longlife Cream



Beef-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese



Parsley

Keep an eye out...
Due to recent sourcing challenges, we've replaced fettuccine with penne, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **15-25 mins**
Ready in: **20-30 mins**

This saucy creation uses a creamy tomato sauce to coat the pasta, 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 in hardly any time at all.

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 | 2 cloves | 4 cloves |
| carrot | 1 | 2 |
| brown onion | 1 (medium) | 1 (large) |
| penne | 1 packet | 2 packets |
| beef mince | 1 packet | 1 packet |
| tomato paste | 1 packet | 2 packets |
| 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) |
| parsley | 1 bag | 1 bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3715kJ (888Cal) | 702kJ (168Cal) |
| Protein (g) | 48g | 9.1g |
| Fat, total (g) | 33.5g | 6.3g |
| - saturated (g) | 20.2g | 3.8g |
| Carbohydrate (g) | 95.7g | 18.1g |
| - sugars (g) | 14.3g | 2.7g |
| Sodium (mg) | 1313mg | 248mg |

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.



Get prepped & cook the pasta

- Bring a large saucepan of salted water to the boil. Finely chop **celery** and **garlic**. Thinly slice **carrot** into half-moons. Thinly slice **brown onion**.
- Cook **penne** in boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1/4 cup for 4 people), then drain and return to saucepan.

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



Make it saucy

- Add **longlife cream** (see ingredients), some reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) and **beef-style stock powder** and cook, stirring, until warmed through, **1 minute**.
- Remove pan from heat, then add cooked **penne**, **baby spinach leaves** and **grated Parmesan cheese** (reserve a pinch for garnish!). Toss to coat, then season to taste.

TIP: Add a splash more water to the sauce if it's looking dry!



Cook the beef & veggies

- Meanwhile, heat a large frying pan over a high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef mince**, breaking up with a spoon, until just browned, **1-2 minutes**.
- Reduce heat to medium, then add **celery**, **carrot** and **onion** and cook until tender, **5-6 minutes**.
- Add **garlic**, **tomato paste** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.



Serve up

- Roughly chop parsley leaves.
- Divide creamy beef penne between bowls.
- Sprinkle with parsley and reserved Parmesan cheese to serve.

Enjoy!