

Creamy Beef Penne

with Grated Parmesan

Grab your Meal Kit with this symbol



Celery



Garlic



Carrot



Onion



Silverbeet



Penne



Beef Mince



Tomato Paste



Garlic & Herb Seasoning



Longlife Cream



Beef-Style Stock Powder



Grated Parmesan Cheese



Herbs



Grated Parmesan Cheese

Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly 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.



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 · 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
onion	1 (medium)	1 (large)
silverbeet	1 medium bunch	1 large bunch
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)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
herbs	1 bag	1 bag
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3942kJ (942Cal)	760kJ (182Cal)
Protein (g)	49.5g	9.5g
Fat, total (g)	40g	7.7g
- saturated (g)	24.2g	4.7g
Carbohydrate (g)	86.6g	16.7g
- sugars (g)	14.2g	2.7g
Sodium (mg)	1262mg	243mg
Dietary Fibre (g)		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4180kJ (999Cal)	783kJ (187Cal)
Protein (g)	54.4g	10.2g
Fat, total (g)	43.9g	8.2g
- saturated (g)	26.8g	5g
Carbohydrate (g)	86.8g	16.3g
- sugars (g)	14.3g	2.7g
Sodium (mg)	1368mg	256mg

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 & 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 **onion**. Roughly chop **silverbeet**.
- Cook **penne** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return to the 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**.
- Stir through **silverbeet** until wilted, **1-2 minutes**.
- Remove pan from the heat, then add cooked **penne** and **grated Parmesan cheese** (reserve a pinch for garnish!) and toss to coat. Season to taste.

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



Cook the beef & veggies

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. 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 **herb** leaves.
- Divide creamy beef penne between bowls.
- Sprinkle with herbs and reserved Parmesan cheese to serve.

CUSTOM RECIPE

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

Enjoy!