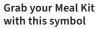


# Quick Creamy Beef & Veggie Pasta with Parmesan

with this symbol



















**Beef Mince** 





Nan's Special



Seasoning



Longlife Cream



Garlic & Herb

Seasoning

Beef-Style Stock Powder



Baby Spinach Leaves



Cheese

#### Keep an eye out...

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

#### **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

| 9                          |                     |                     |
|----------------------------|---------------------|---------------------|
|                            | 2 People            | 4 People            |
| olive oil*                 | refer to method     | refer to method     |
| celery                     | 1 stalk             | 2 stalks            |
| carrot                     | 1                   | 2                   |
| garlic                     | 1 clove             | 2 cloves            |
| trottole                   | 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<br>seasoning | 1 sachet            | 1 sachet            |
| longlife cream             | ½ bottle<br>(125ml) | 1 bottle<br>(250ml) |
| beef-style stock<br>powder | 1 sachet<br>(5g)    | 1 sachet<br>(10g)   |
| baby spinach<br>leaves     | 1 bag<br>(30g)      | 1 bag<br>(60g)      |
| grated Parmesan<br>cheese  | 1 packet<br>(30g)   | 1 packet<br>(60g)   |

<sup>\*</sup>Pantry Items

#### Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 4075kJ (973Cal) | 911kJ (217Cal) |
| 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          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

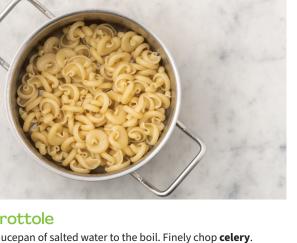
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the trottole

- Bring a large saucepan of salted water to the boil. Finely chop **celery**. Grate carrot. Finely chop garlic.
- Cook trottole 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 trottole 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.



## Cook the beef & veggies

- 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 and carrot and cook, stirring, until softened, 3-4 minutes.



## Bring it all together

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

TIP: Add a splash more water to your sauce if it's looking dry! **TIP:** Toss everything in the saucepan if your frying pan isn't big enough.



#### Serve up

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

## Enjoy!

