



Quick Creamy Beef & Veggie Pasta

with Parmesan

Grab your Meal Kit
with this symbol



Celery



Carrot



Garlic



Trottole



Beef Mince



Tomato Paste



Nan's Special
Seasoning



Garlic & Herb
Seasoning



Longlife Cream



Beef-Style Stock
Powder



Baby Spinach
Leaves



Grated Parmesan
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



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

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

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
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 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)

*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.

1



Cook the trotole

- 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.

3



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.

2



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**.

4



Serve up

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

Enjoy!