



Nan's Easy Rosemary Lamb Fusilli

with Balsamic Apple Salad & Parmesan

Grab your Meal Kit with this symbol



Carrot



Rosemary



Apple



Fusilli



Lamb Mince



Garlic Paste



Nan's Special Seasoning



Tomato Paste



Spinach & Rocket Mix



Grated Parmesan Cheese

 Hands-on: **10-20 mins**
Ready in: **20-30 mins**

This simple yet sumptuous dish is absolute decadence from start to finish. From the rich, rosemary-infused lamb mince to the 'al dente' fusilli and delightfully sharp apple salad. It'll be both ready and eaten in record time!

Pantry items

Olive Oil, Butter, 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
carrot	1	2
rosemary	2 sticks	4 sticks
apple	1	2
fusilli pasta	1 packet	2 packets
lamb mince	1 packet	1 packet
garlic paste	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
tomato paste	1½ packets	3 packets
butter*	40g	80g
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	½ packet (15g)	1 packet (30g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3781kJ (903Cal)	780kJ (186Cal)
Protein (g)	44.4g	9.2g
Fat, total (g)	35.1g	7.2g
- saturated (g)	16.5g	3.4g
Carbohydrate (g)	99.1g	20.4g
- sugars (g)	21.6g	4.5g
Sodium (mg)	1912mg	394mg

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 pasta

Boil a kettle of water. Grate the **carrot**. Pick and roughly chop the **rosemary**. Thinly slice the **apple**. Pour the boiling water into a large saucepan with a pinch of **salt** and bring to the boil. Cook the **fusilli** in the boiling water until 'al dente', **11 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return the **pasta** to the saucepan.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.

3



Finish the sauce

Add the **butter** and reserved **pasta water** to the **lamb**. Stir to combine, then simmer until slightly reduced, **1-2 minutes**. Add the **pasta**, toss to combine and season to taste. Remove from the heat and set aside. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Add the **apple** and **spinach & rocket mix**, then season and toss to combine.

2



Cook the lamb

When the pasta has **5 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **lamb mince** and **carrot**, breaking the mince up with a spoon, until just browned, **3-4 minutes**. Add the **rosemary**, **garlic paste**, **Nan's special seasoning** and **tomato paste** (see ingredients) and cook, stirring, until fragrant, **1-2 minutes**.

4



Serve up

Divide the rosemary lamb fusilli between bowls. Top with the **grated Parmesan cheese** (see ingredients). Serve with the balsamic apple salad.

Enjoy!