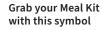


# Nan's Easy Rosemary Lamb Fusilli with Balsamic Apple Salad & Parmesan

















Apple





Lamb Mince



Nan's Special Seasoning



Spinach & Rocket



Tomato Paste

Cheese

**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

 $Large\ saucepan\cdot Large\ frying\ pan$ 

# Ingredients

3			
	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)	

<sup>\*</sup>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.



# 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.



### 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**.



# 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.



# Serve up

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

**Enjoy!**