



# Beef & Mushroom Red Pesto Penne

with Parmesan

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Carrot



Parsley



Button Mushrooms



Beef Mince



Penne



Italian Herbs



Red Pesto



Crushed & Sieved Tomatoes



Beef Stock



Baby Spinach Leaves



Grated Parmesan Cheese

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

Put your best-o foot forward with this gorgeous pesto. We've livened up a classic pasta dish with red pesto, tender mushrooms and a sprinkling of Parmesan. You're going to impress even your toughest critic with this flavoursome offering

*Unfortunately, this week's spaghetti and courgette were in short supply, so we've replaced them with penne and baby spinach. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Butter

## 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

Medium saucepan · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
carrot	1	2
parsley	1 bunch	1 bunch
button mushrooms	½ packet (125g)	1 packet (250g)
beef mince	1 packet	1 packet
penne	1 packet	2 packets
butter*	20g	40g
Italian herbs	1 sachet	2 sachet
red pesto	1 packet (50g)	1 packet (100g)
crushed & sieved tomatoes	½ tin (200g)	1 tin (400g)
beef stock	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4130kJ (987Cal)	529kJ (126Cal)
Protein (g)	54.6g	7.0g
Fat, total (g)	37.7g	4.8g
- saturated (g)	13.6g	1.7g
Carbohydrate (g)	100g	12.8g
- sugars (g)	21.1g	2.7g
Sodium (g)	1060mg	136mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Get prepped

Bring a medium saucepan of lightly salted water to the boil. Finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion**. Grate the **carrot** (unpeeled). Roughly chop the **parsley**. Thinly slice the **button mushrooms** (see ingredients list).



## 4. Add the veggies

Add the sliced **mushrooms, onion** and **garlic** to the frying pan with the **beef**. Cook, stirring, until the mushrooms and onion have softened, **4-5 minutes**. Add the **carrot, butter** and **Italian herbs** and cook, stirring, until softened, **3-4 minutes**.



## 2. Brown the mince

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.



## 5. Bring it all together

Add the **red pesto** to the frying pan and stir to coat. Add the **crushed & sieved tomatoes** (see ingredients list), **reserved pasta water** and **beef stock** and stir to combine. Reduce the heat to medium, bring to a simmer and cook until thickened slightly, **4-5 minutes**. Add the **baby spinach leaves** and cook until wilted, **1 minute**. Add the cooked **penne** to the pan and toss to coat. Season to taste with **salt** and **pepper**.

**TIP:** You can serve the sauce on top of the penne if you prefer!



## 3. Cook the penne

While the beef is cooking, add the **penne** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Reserve some **pasta water** (**1/3 cup for 2 people / 2/3 cup for 4 people**), then drain the pasta and return to the saucepan.

**TIP:** 'Al dente' means the pasta is cooked through but has a tiny bit of firmness left in the middle.



## 6. Serve up

Divide the beef and mushroom red pesto penne between bowls and top with the **grated Parmesan cheese**. Garnish with the parsley.

## Enjoy!