



8

Mexican-Style Beef Pasta Bake with a Cheesy Crumb Topping

Family | Hands On Time: 25 Minutes • Total Time: 45 Minutes • Little Spice • 1 of your 5 a day



Onion



Green Pepper



Carrot



Garlic Clove



Beef Mince



Mexican Spice

Chopped Tomatoes
with Basil

Red Wine Stock Paste



Penne Pasta



Panko Breadcrumbs

Grated Hard Italian Style
Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Baking Dish and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Pepper**	1	2	2
Carrot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Beef Mince**	240g	360g	480g
Mexican Spice	1 pot	1 pot	1 pot
Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Penne Pasta 13)	200g	300g	400g
Panko Breadcrumbs 13)	25g	35g	50g
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	672g /913	569 /136
Fat (g)	26	4
Sat. Fat (g)	11	2
Carbohydrate (g)	117	17
Sugars (g)	29	4
Protein (g)	50	7
Salt (g)	4.40	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.



Get Started

Heat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the pasta. Halve, peel and chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Chop into 3cm sized chunks. Coarsely grate the **carrot** (no need to peel). Peel and grate the **garlic** (or use a garlic press).



Get Cooking

Heat a drizzle of **oil** in a large deep frying pan on high heat. Once hot, add the **mince** and cook until browned, breaking it up with a wooden spoon as it cooks, 4-5 mins. **TIP:** Carefully drain off any excess fat if you'd like. Add the **onion**, **carrot** and **pepper** and continue to cook until the **veggies** are slightly softened, 5 mins.



Simmer

Add the **garlic** and **Mexican spice** (add less if you don't like heat!) and cook, stirring, for 1 minute. Add the **chopped tomatoes with basil, red wine stock paste** and **water** (see ingredients for amount). Season with **salt** and **pepper**, stir well to dissolve the **stock paste** and simmer until thick and tomatoey, 10-12 mins. **IMPORTANT:** The beef is cooked when no longer pink in the middle. While the **sauce** simmers, add the **penne** to the pan of boiling **water** and cook for 12 mins.



Crumb Time

Meanwhile, mix the **panko breadcrumbs** with the **hard Italian style cheese** and a drizzle of **oil**. Season with **salt** and **pepper** and mix well.



Assemble

Once the **pasta** is cooked, drain well and mix with the **Mexican beef**. Transfer to a baking dish, sprinkle over the **cheesy breadcrumbs** and bake on the top shelf of your oven until golden brown on top, 8-10 mins.



Serve

Leave the **pasta bake** to stand for a couple of minutes then divide between plates.

Enjoy!



There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.