



Creamy Beef & Zucchini

with Herbed Fettucine



Make your pasta sauce thick and creamy



Parsley



Brown Onion



Zucchini



Beef Stock



Fettucine



Beef Strips



Greek Yoghurt



Garlic

Pantry Staples



Olive Oil



Plain Flour



Boiling Water



Worcestershire Sauce



Dijon Mustard



Hands-on: 25 mins

Ready in: 35 mins

Yoghurt is a healthy alternative to cream in a pasta sauce; it also adds a delicious tanginess to silky, melt in your mouth beef strips in this creamy sauce.

BEFORE YOU — START

You will need: **medium saucepan** with a lid, **chopping board**, **chef's knife**, **small bowl**, **colander**, **medium bowl**, **large frying pan** and **wooden spoon**. Let's start cooking the **Creamy Beef & Zucchini with Herbed Fettucine**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Finely chop the **parsley** leaves. Finely slice the **brown onion**. Peel and crush the **garlic**. Dice the **zucchini**. In a small bowl, combine the crumbled **beef stock** cube, **boiling water**, **Worcestershire sauce** and **Dijon mustard** (if using).



2 COOK THE PASTA

Add the **fettucine** to the saucepan of boiling water and cook for about **10 minutes**, or until "al dente", stirring regularly to ensure the pasta does not stick. Drain and return to the saucepan. Add **1 tablespoon** of **olive oil** and the **parsley** (reserve a teaspoon of parsley for the garnish) to the saucepan and toss to coat the pasta. Set aside.

Note: be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it!



3 FLOUR UP THE BEEF

+ In a medium bowl, add the **plain flour** and season with **salt** and **pepper**. Add the **beef strips** and toss to coat.

Tossing your beef in flour before you sear it is a good idea for two reasons 1. The flour creates a flavourful crust for the beef and insulates the strips from the high heat of the pan 2. Once a liquid is added to the pan, the flour on the beef will thicken the sauce, make it creamy and add richness, depth and flavour.



4 COOK THE BEEF

Heat **1 tablespoon** of the **olive oil** in a large frying pan over a medium-high heat and cook the **beef** in batches for **1-2 minutes**, or until just browned. Remove the **beef** from the pan and set aside.



5 MAKE THE CREAMY SAUCE

Return the pan to a medium heat and add the **remaining olive oil**. Add the **brown onion** and cook, stirring, for **4-5 minutes**, or until soft. Add the **zucchini** and **garlic** and cook for a further **4 minutes**, or until soft. Add the **beef stock** mixture, bring to the boil, then reduce the heat to medium-low and simmer for **5 minutes**, or until the sauce has slightly thickened. Return the **beef** to the pan for **1 minute** to heat through. Remove the pan from the heat and stir through the **Greek yoghurt** just before serving (add as much as needed to reach your desired consistency).



6 SERVE UP

Divide the herby pasta between bowls. Top with the zucchini beef and **remaining parsley**.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
parsley	1 bunch
brown onion	1
garlic	1 clove
zucchini	2
beef stock	1 cube
boiling water*	½ cup
Worcestershire sauce*	3 tsp
Dijon mustard (optional)*	2 tsp
fettucine (note: use suggested amount)	¾ packet (400g)
olive oil*	3 tbs
plain flour*	1 ½ tbs
beef strips	1 packet (600g)
Greek yoghurt	¾ tub (115g)

*Pantry Items | [📌 Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3020kJ (722Cal)	644kJ (154Cal)
Protein (g)	50.6g	10.8g
Fat, total (g)	21.6g	4.6g
- saturated (g)	6.4g	1.4g
Carbohydrate (g)	77.8g	16.6g
- sugars (g)	7.3g	1.6g
Sodium (mg)	376mg	80mg

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