

Nan's Creamy Beef & Veggie Pasta

with Parmesan

Grab your Meal Kit with this symbol



Keep an eye out...
 Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

This saucy creation uses a creamy tomato sauce to coat fettuccine, with chunks of tender beef mince and flavoursome Parmesan. Add greens that gently wilt when tossed with the pasta, and you've got a new recipe that's sure to please everyone.

Pantry items
 Olive Oil

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
courgette	1	2
garlic	1 clove	2 cloves
fettuccine	1 packet	2 packets
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
Nan's special seasoning	1 sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
beef-style stock powder	1 sachet	1 sachet
salad leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4792kJ (1145Cal)	821kJ (196Cal)
Protein (g)	53.4g	9.2g
Fat, total (g)	53.4g	9.2g
- saturated (g)	29.3g	5g
Carbohydrate (g)	96.1g	16.5g
- sugars (g)	18.7g	3.2g
Sodium (mg)	2085mg	357mg

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.



Get prepped

Bring a large saucepan of salted water to the boil. Finely chop the **carrot** (unpeeled). Cut the **courgette** into 1cm chunks. Finely chop the **garlic**.



Cook the pasta

Cook the **fettuccine** in the boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain the **pasta** and return it to the saucepan. Drizzle with **olive oil** to prevent sticking and cover to keep warm.



Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **beef mince**, breaking it up with a spoon, until just browned, **3-4 minutes**.



Add the veggies

Add the **carrot** and **courgette** to the **beef** and cook until softened, **3-4 minutes**.



Make it saucy

Reduce the frying pan to a medium heat. Add the **garlic**, **tomato paste**, **Nan's special seasoning** and **garlic & herb seasoning** and cook until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), reserved **pasta water**, **beef-style stock powder** and **salad leaves** and cook, stirring, until warmed through, **1 minute**. Remove the pan from the heat, then add the **fettuccine** and toss to coat. Season to taste.

TIP: Add a splash more water to your sauce if it's looking dry!

TIP: Toss the pasta and sauce in the large saucepan if your frying pan isn't big enough.



Serve up

Divide the creamy beef and veggie pasta between bowls. Sprinkle over the **grated Parmesan cheese**.

Enjoy!