



# Nan's Creamy Beef & Veggie Pasta

with Parmesan

Grab your Meal Kit with this symbol



Celery



Garlic



Leek



Farfalle



Beef Mince



Tomato Paste



Nan's Special Seasoning



Garlic & Herb Seasoning



Longlife Cream



Beef-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese

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

This saucy creation uses a creamy tomato sauce to coat farfalle, 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
celery	1 stalk	2 stalks
garlic	1 clove	2 cloves
leek	1	2
farfalle	1 packet	2 packets
beef mince	1 packet	1 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 (5g)	1 sachet (10g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4469kJ (1068Cal)	999kJ (238Cal)
Protein (g)	51.1g	11.4g
Fat, total (g)	52.2g	11.7g
- saturated (g)	29g	6.5g
Carbohydrate (g)	80.3g	17.9g
- sugars (g)	13.2g	2.9g
Sodium (mg)	1628mg	364mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

Bring a large saucepan of salted water to the boil. Finely chop the **celery** and **garlic**. Thinly slice the white and light green parts of the **leek**.



## Add the veggies

Add the **celery** and **leek** to the **beef** and cook until softened, **3-4 minutes**.



## Cook the pasta

Cook the **farfalle** in the boiling water until 'al dente', **12 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain the **farfalle** and return to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Make it creamy

Reduce the frying pan to a medium heat. Cook the **garlic**, **tomato paste**, **Nan's special seasoning** and **garlic & herb seasoning** until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), reserved **pasta water**, **beef-style stock powder** and **baby spinach leaves** and cook, stirring, until warmed through, **1 minute**. Remove the pan from the heat, then add the cooked **farfalle** 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 saucepan if your frying pan isn't big enough.



## Cook the beef

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



## Serve up

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

## Enjoy!