



# Quick Beef & Mushroom Linguine

with Garlic Pangrattato & Apple Salad

Grab your Meal Kit with this symbol



Linguine



Garlic



Button Mushrooms



Panko Breadcrumbs



Beef Mince



Tomato Paste



Garlic & Herb Seasoning



Beef-Style Stock Powder



Tomato Sugo



Apple



Mixed Salad Leaves



Grated Parmesan Cheese

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

We've livened up a classic pasta dish with flavourful beef mince, tender mushrooms and our much-loved garlic & herb seasoning. You're going to impress even your toughest critic with this gorgeous offering.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar

## 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
linguine	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
button mushrooms	1 packet	1 packet
panko breadcrumbs	½ packet	1 packet
beef mince	1 packet	1 packet
tomato paste	½ packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
tomato sugo	1 packet	1 packet
apple	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3456kJ (826Cal)	682kJ (163Cal)
Protein (g)	45.8g	9g
Fat, total (g)	21.6g	4.3g
- saturated (g)	10.9g	2.2g
Carbohydrate (g)	93.2g	18.4g
- sugars (g)	12.1g	2.4g
Sodium (mg)	1061mg	209mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3692kJ (882Cal)	708kJ (169Cal)
Protein (g)	50.8g	9.7g
Fat, total (g)	25.5g	4.9g
- saturated (g)	13.5g	2.6g
Carbohydrate (g)	93.2g	17.9g
- sugars (g)	12.1g	2.3g
Sodium (mg)	1167mg	224mg

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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## Cook the linguine

- Bring a large saucepan of salted water to the boil.
- Cook **linguine** in boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people). Drain, then return **linguine** to pan.
- Meanwhile, finely chop **garlic**. Thinly slice **button mushrooms**.

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



## Make the sauce

- Return frying pan to a high heat with a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **3-4 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to low, then add **tomato paste** (see ingredients), **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**. Add **beef-style stock powder**, **tomato sugo** and reserved **pasta water** and simmer until slightly reduced, **1-2 minutes**. Season.



## Make the garlic pangrattato

- In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and season to taste.



## Serve up

- While sauce is cooking, thinly slice **apple**. In a large bowl, combine apple, **mixed salad leaves** and a drizzle of **balsamic vinegar** and olive oil. Season.
- Return linguine to frying pan with sauce and toss to combine.
- Divide beef and mushroom linguine between plates. Top with garlic pangrattato. Serve with apple salad.

### CUSTOM RECIPE

If you've added grated Parmesan cheese to your meal, sprinkle over the pasta as garnish.

Enjoy!