



Beef Bolognese Pasta Bake

with Garden Salad

HELLOHERO

KID FRIENDLY

Grab your meal kit
with this number

13



Penne



Tomato



Garlic



Carrot



Beef Mince



Diced Tomatoes
with Garlic & Onion



Vegetable Stock
Powder



Cheddar Cheese



Mixed Salad
Leaves

Recipe Update

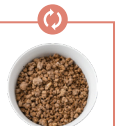
We've replaced the fusilli in this recipe with penne due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Beef
Mince



Pork
Mince



Plant-Based
Mince

Prep in: 15-25 mins
Ready in: 30-40 mins

Sit back and watch how the cheesy beef bolognese goodness, bakes up to golden perfection in the oven, while you whip up an easy garden salad. Dinner done in a flash!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan · Medium or large baking dish

Ingredients

| | 2 People | 4 People |
|---|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| penne | 1 medium packet | 1 large packet |
| tomato | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| carrot | 1 | 2 |
| beef mince | 1 medium packet | 2 medium packets OR 1 large packet |
| diced tomatoes with garlic & onion | ½ packet | 1 packet |
| vegetable stock powder | 1 medium sachet | 2 medium sachets |
| butter* | 20g | 40g |
| brown sugar* | 1 tsp | 2 tsp |
| Cheddar cheese | 1 large packet | 2 large packets |
| mixed salad leaves | 1 small packet | 1 medium packet |
| vinegar* (white wine or balsamic) | drizzle | drizzle |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3533kJ (844Cal) | 715kJ (170Cal) |
| Protein (g) | 47.6g | 9.6g |
| Fat, total (g) | 36.3g | 7.4g |
| - saturated (g) | 17.6g | 3.6g |
| Carbohydrate (g) | 82.2g | 16.6g |
| - sugars (g) | 16.6g | 3.4g |
| Sodium (mg) | 904mg | 183mg |
| Dietary Fibre (g) | 9.5g | 1.9g |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW17



1



Cook the penne

- Boil kettle. Fill a large saucepan of salted boiling water.
- Cook **penne** in boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain and return to pan.

3



Grill the pasta bake

- Transfer **cooked pasta** and **sauce** to a baking dish, stir to combine and season. Sprinkle **Cheddar cheese** over **pasta bake**.
- Grill until cheese had melted, **5-8 minutes**. Season with **salt** and **pepper** to taste.

Little cooks: Help with sprinkling the Cheddar cheese over the pasta bake.

2



Cook the beef

- Meanwhile, roughly chop **tomato**. Finely chop **garlic**. Grate **carrot**.
- Preheat grill to medium-high.
- Heat a large frying pan over high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **garlic** and cook until fragrant, **30 seconds**.
- Reduce heat to medium-high, then add **diced tomatoes with garlic & onion** (see ingredients), **reserved pasta water**, **vegetable stock powder**, the **butter** and **brown sugar**. Cook, stirring, **2-3 minutes**.

4



Finish & serve

- Meanwhile, in a medium bowl, combine **mixed salad leaves**, tomato, carrot and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide cheesy bolognese pasta bake between plates. Serve with garden salad. Enjoy!

Little cooks: Take the lead by combining the ingredients for the salad!

CUSTOM
OPTIONS



BEEF MINCE:
Follow method above.



PORK MINCE:
Follow method above.



PLANT-BASED MINCE:
Follow method above.

SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO

