

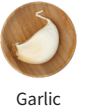


Dinner - Beef & Veggie Ragu Penne with Basil Pesto + Kids Dinner - Cheesy Beef & Hidden Veggie Quesadillas

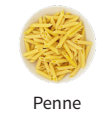
Grab your Meal Kit with this symbol



Zucchini



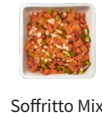
Garlic



Penne



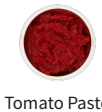
Beef Mince



Soffritto Mix



Garlic & Herb Seasoning



Tomato Paste



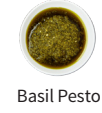
Beef-Style Stock Powder



Passata



Mixed Leaves

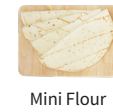


Basil Pesto



Grated Parmesan Cheese

Kids Dinner



Mini Flour Tortillas



Shredded Cheddar Cheese



Light Sour Cream

Pantry items

Olive Oil, Brown Sugar, Butter

DINNER
Prep in: 25-30 mins
Ready in: 25-30 mins

KIDS DINNER
Ready in: 10-15 mins

Why make one dinner when you can make two in a similar amount of time? Tonight's beef and veggie ragu works a treat over al dente penne for your dinner, and then as a filling for cheesy quesadillas for the kids' dinner tomorrow, which they'll have fun helping you assemble. How good!

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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	2	3
garlic	2 cloves	4 cloves
penne	1 medium packet	1 large packet
beef mince	1 medium packet	1 medium packet & 1 small packet
soffritto mix	1 large packet	1 medium packet & 1 large packet
garlic & herb seasoning	1 large sachet	2 large sachets
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
beef style stock powder	1 large sachet	2 large sachets
butter*	40g	80g
passata	2 boxes	3 boxes
mixed leaves	1 small bag	1 medium bag
basil pesto	1 packet (50g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
mini flour tortillas	6	6
shredded Cheddar cheese	1 large packet	1 large packet
light sour cream	1 medium packet	1 medium packet

*Pantry Items

Nutrition

Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3670kJ (877Cal)	627kJ (150Cal)
Protein (g)	45.6g	7.8g
Fat, total (g)	37.5g	6.4g
- saturated (g)	14.4g	2.5g
Carbohydrate (g)	82.7g	14.1g
- sugars (g)	16.9g	2.9g
Sodium (g)	1420mg	242mg

Kids Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3770kJ (900Cal)	621kJ (148Cal)
Protein (g)	49.6g	8.2g
Fat, total (g)	48.6g	8.0g
- saturated (g)	25.7g	4.2g
Carbohydrate (g)	59.0g	9.7g
- sugars (g)	17.5g	2.9g
Sodium (mg)	1420mg	233mg

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](https://www.hellofresh.com.au/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.com.au/contact](https://www.hellofresh.com.au/contact)

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Cook the pasta

Bring a large saucepan of salted water to the boil. Grate the **zucchini**. Finely chop **garlic**. Cook **penne** in boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people). Drain and return to pan.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



Bring it all together

Add cooked **penne** to the **sauce**, stirring to combine. Season to taste.

Little cooks: Older kids can help stir the pasta through the sauce under adult supervision. Be careful, the sauce is hot!



Start the sauce

Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until browned, **5-7 minutes**. Transfer to a bowl. Return pan to medium-high heat. Cook **soffritto mix** and **zucchini** until softened, **6-8 minutes**. Add **garlic**, **garlic & herb seasoning** and **tomato paste** and cook until fragrant, **1 minute**. Stir in **beef**, the **brown sugar**, **beef-style stock powder**, the **butter** and **passata** until slightly thickened, **1-2 minutes**. Season to taste. Reserve two portions of **mince mixture** for the kids' dinner in a container, then refrigerate.



Serve the adults' dinner

Divide **beef** and veggie ragu **penne** between bowls. Sprinkle over **grated Parmesan cheese** to serve.



Finish the sauce

To the pan with the sauce, add reserved **pasta water** and cook, stirring, until slightly thickened, **2-3 minutes**. Stir in **mixed leaves** and **basil pesto** until leaves are wilted, **1 minute**.



Make the kids' dinner

When you're ready to make the kids' dinner, preheat oven to **220°C/200°C fan-forced**. Arrange **mini flour tortillas** on a lined oven tray. Spoon reserved beef onto one half of each tortilla. Top with **shredded Cheddar cheese**. Fold empty half of each tortilla over, then press down. Brush or spray with olive oil, then season. Bake until cheese is melted, **10-12 minutes**. Divide quesadillas between plates. Serve with **light sour cream**.

Enjoy!