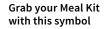


Nan's Creamy Beef & Veggie Pasta

with Parmesan











Yellow Squash







Tomato Paste





Nan's Special Seasoning

Garlic & Herb Seasoning





Light Thickened

Beef Stock





Baby Spinach Leaves

Grated Parmesan Cheese

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

 $Large\ saucepan \cdot Large\ frying\ pan$

Ingredients

•		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
yellow squash	1 bag (100g)	1 bag (200g)
garlic	1 clove	2 cloves
fettuccine	1 packet	2 packets
beef mince	1 small packet	1 medium packet
tomato paste	1 sachet	2 sachets
Nan's special seasoning	1 sachet	2 sachets
garlic & herb seasoning	1 sachet	2 sachets
light thickened cream	1 packet (150ml)	2 packets (300ml)
beef stock pot	1 tub (20g)	1 tub (40g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g	
Energy (kJ)	3990kJ (953Cal)	768kJ (183Cal)	
Protein (g)	51.3g	9.9g	
Fat, total (g)	39.7g	7.6g	
- saturated (g)	19.4g	3.7g	
Carbohydrate (g)	93.8g	18.1g	
- sugars (g)	20.9g	4g	
Sodium (mg)	1813mg	349mg	

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.



Get prepped

Bring a large saucepan of salted water to the boil. Finely chop the **carrot** (unpeeled). Cut the **yellow squash** 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 to the saucepan. Drizzle with **olive oil** to prevent sticking and cover to keep warm.

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



Cook the beef

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



Add the veggies

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



Finish the sauce

Reduce the heat to a medium heat. Add the garlic, tomato paste, Nan's Special Seasoning and the garlic & herb seasoning. Cook until fragrant, 1 minute. Add the light thickened cream, reserved pasta water, beef stock pot and baby spinach leaves. Cook, stirring, until warmed through, 1 minute. Remove from the heat, add the fettuccine and toss to coat. Season to taste.

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



Serve up

Divide the Nan's creamy beef and veggie pasta between bowls. Sprinkle with the **grated Parmesan cheese** to serve.

Enjoy!