



Nan's Creamy Beef & Veggie Pasta

with Parmesan

Grab your Meal Kit
with this symbol



Carrot



Yellow Squash



Garlic



Fettuccine



Beef Mince



Tomato Paste



Nan's Special
Seasoning



Garlic & Herb
Seasoning



Light Thickened
Cream



Beef Stock
Pot



Baby Spinach
Leaves



Grated Parmesan
Cheese



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

Twirl your fork around this beef and veggie fettuccine and you'll quickly discover how easy and tasty it is to eat! Served with a creamy tomato-based sauce and topped with Parmesan cheese, it's melt-in-your-mouth delicious!

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
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!