



Quick Creamy Beef & Veggie Pasta with Parmesan

Grab your Meal Kit
with this symbol



Garlic



Fettuccine



Soffritto Mix



Beef Mince



Tomato Paste



Nan's Special
Seasoning



Light Thickened
Cream



Beef Stock
Pot



Grated Parmesan
Cheese



Baby Spinach
Leaves

 Hands-on: **15-25 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 with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| garlic | 1 clove | 2 cloves |
| fettuccine | 1 packet | 2 packets |
| soffritto mix | 1 medium bag | 1 large bag |
| beef mince | 1 small packet | 1 medium packet |
| tomato paste | 1 packet | 2 packets |
| Nan's special seasoning | 2 sachets | 4 sachets |
| light thickened cream | 1 medium packet | 2 medium packets |
| beef stock pot | 1 packet (20g) | 1 packet (40g) |
| grated Parmesan cheese | 1½ packets (45g) | 3 packets (90g) |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3809kJ (910Cal) | 826kJ (197Cal) |
| Protein (g) | 52.4g | 11.4g |
| Fat, total (g) | 36.7g | 8g |
| - saturated (g) | 20.1g | 4.4g |
| Carbohydrate (g) | 88.4g | 19.2g |
| - sugars (g) | 17g | 3.7g |
| Sodium (mg) | 1790mg | 388mg |

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.

1



Cook the pasta

- Bring a large saucepan of salted water to the boil. Finely chop **garlic**.
- Cook **fettuccine** in the boiling water and cook 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 it to the saucepan. Drizzle with **olive oil** to prevent the pasta sticking together. Cover to keep warm.

3



Finish the sauce

- Reduce heat to a medium heat with a drizzle of **olive oil**. Add **garlic**, **tomato paste** and **Nan's special seasoning**, and cook until fragrant, **1 minute**.
- Add **light thickened cream**, reserved **pasta water**, **beef stock pot** and 1/2 the **grated Parmesan cheese**. Cook, stirring, until warmed through, **1-2 minutes**. Remove from the heat, add **fettuccine**, **baby spinach** and **veggies** and toss to coat. Season to taste.

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

2



Cook the beef

- Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook **soffritto mix** until softened, **4-5 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**. Transfer to a bowl.

4



Serve up

- Divide the creamy beef and veggie pasta between bowls. Sprinkle with the remaining cheese.

Enjoy!