



Quick Italian Beef & Pork Penne

with Baby Leaves & Parmesan Cheese

KID FRIENDLY

Grab your Meal Kit with this symbol



Penne



Onion



Tomato



Beef & Pork Mince



Aussie Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Baby Leaves



Shredded Cheddar Cheese



Grated Parmesan Cheese



Pork Mince

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 20-30 mins
Ready in: 25-35 mins

Pasta with a cheesy tomato sauce, veggies and the combo of beef and pork, all packed into one amazing piled-high pasta. If that's what you were hoping for then this dish won't disappoint you!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Butter, Brown Sugar, Milk

Before you start

Wash your hands and any fresh food

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

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
penne	1 packet	2 packets
onion	½	1
tomato	1	2
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 large sachet	2 large sachets
plain flour*	2 tbs	¼ cup
butter*	40g	80g
tomato paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
milk*	1 cup	2 cups
baby leaves	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4084kJ (976Cal)	934kJ (223Cal)
Protein (g)	49.8g	11.4g
Fat, total (g)	49.4g	11.3g
- saturated (g)	26g	5.9g
Carbohydrate (g)	80.2g	18.3g
- sugars (g)	10.5g	2.4g
Sodium (mg)	2051mg	469mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3827kJ (915Cal)	876kJ (209Cal)
Protein (g)	47.5g	10.9g
Fat, total (g)	43.5g	10g
- saturated (g)	23.5g	5.4g
Carbohydrate (g)	80.2g	18.3g
- sugars (g)	10.5g	2.4g
Sodium (mg)	2066mg	473mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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



Cook the penne

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Cook **penne** in boiling water, over high heat, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (¾ cup for 2 people / 1½ cups for 4 people) then drain **penne** and return to saucepan.

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



Make the sauce

- Reduce the frying pan heat to medium heat, then add **Aussie spice blend**, **the plain flour**, **butter** and **tomato paste**. Cook until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder** and the **brown sugar**, then slowly stir in the **milk**, allowing to slightly thicken.
- Remove pan from heat, then add **penne**, **baby leaves** and **shredded Cheddar cheese**, stirring, until leaves are wilted. Season with **salt** and **pepper**.

TIP: Add a splash of the reserved pasta water if the sauce looks too thick.



Cook the mince & veggies

- Meanwhile, finely chop **onion** (see ingredients) and **tomato**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **beef & pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **onion** and **tomato**, and cook until tender, **3-5 minutes**.

Custom Recipe: If you've swapped to pork mince, follow step as above.



Serve up

- Divide Italian beef and pork penne between bowls.
- Top with **grated Parmesan cheese** to serve. Enjoy!

Rate your recipe

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