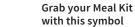


# Quick Italian Beef & Pork Penne with Baby Leaves & Parmesan Cheese

KID FRIENDLY











Tomato





**Aussie Spice** Blend

Tomato Paste



Chicken-Style Stock Powder

**Baby Leaves** 



Shredded Cheddar



Cheese

**Grated Parmesan** Cheese





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!

**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

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	2 People	4 People
olive oil*	refer to method	refer to method
penne	1 packet	2 packets
onion	1/2	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	1/4 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

<sup>\*</sup>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 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 (3/4 cup for 2 people / 11/2 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

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

