

Creamy Beef & Veggie Pasta Nests

with Cheddar Cheese

KID'S KITCHEN

Grab your meal kit with this number

42



Celery



Onion



Carrot



Spaghetti



Beef Mince



Nan's Special Seasoning



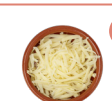
Garlic & Herb Seasoning



Cream



Shredded Cheddar Cheese



Shredded Cheddar Cheese



Beef Mince

Prep in: 20-30 mins
Ready in: 35-45 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! This saucy creation uses a creamy sauce to coat spaghetti, with chunks of tender mince and flavoursome Cheddar. Add veggies that are subtly hidden within the pasta, and you've got a new recipe that's sure to please everyone.

Pantry items

Olive Oil, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 with a lid · Large frying pan · Muffin Tins

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
onion	½	1
carrot	1	2
spaghetti	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
shredded Cheddar cheese	1 large packet	2 large packets
egg*	1	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4667kJ (1116cal)	385kJ (92cal)
Protein (g)	52g	4.3g
Fat, total (g)	61.3g	5.1g
- saturated (g)	32.9g	2.7g
Carbohydrate (g)	86.1g	7.1g
- sugars (g)	11.6g	1g
Sodium (mg)	889mg	73.3mg
Dietary Fibre (g)	10.2g	0.8g

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.

1



Cook the pasta

- Preheat oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil.
- Finely chop **celery** and **onion (see ingredients)**. Grate **carrot**.
- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Drain and return **spaghetti** to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

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

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

4



Add the pasta

- Remove pan from heat, then add **cooked spaghetti**, half the **shredded Cheddar cheese** and the **egg** and toss to coat. Season to taste.

2



Cook the beef & veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **celery**, **onion** and **carrot** and cook, stirring, until softened, **4-5 minutes**.

3



Bring it all together

- Reduce the frying pan to medium heat. Add **Nan's special seasoning** and **garlic & herb seasoning** and cook, until fragrant, **1 minute**.
- Add **cream (see ingredients)** and cook, stirring, until warmed through, **1 minute**.

Little cooks: Take charge by adding the spice blends!

5



Bake the pasta

- Spray muffin tins with **oil**, then pack tightly with **pasta**. Sprinkle over remaining **Cheddar cheese**.
- Bake until the pasta goes crunchy and golden, **8-10 minutes**.

6



Serve up

- Divide creamy beef and veggie pasta nests between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS



DOUBLE SHREDDED CHEDDAR CHEESE

Follow method above.



DOUBLE BEEF MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

