

# Creamy Beef & Veggie Baked Pasta Nests

with Cheddar Cheese

KID'S KITCHEN

KID FRIENDLY

Grab your meal kit with this number

42



Celery



Onion



Carrot



Spaghetti



Beef Mince



Nan's Special Seasoning



Garlic & Herb Seasoning



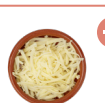
Cream



Shredded Cheddar Cheese



Beef Mince



Shredded Cheddar Cheese

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 · Large frying pan · Muffin tin

## Ingredients

|                         | 2 People        | 4 People                              |
|-------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>       | 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<br>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)       | 4716kJ (1127cal) | 386kJ (92cal) |
| Protein (g)       | 52.5g            | 4.3g          |
| Fat, total (g)    | 61.4g            | 5g            |
| - saturated (g)   | 32.9g            | 2.7g          |
| Carbohydrate (g)  | 88.1g            | 7.2g          |
| - sugars (g)      | 12.3g            | 1g            |
| Sodium (mg)       | 1196mg           | 98mg          |
| Dietary Fibre (g) | 10.7g            | 0.9g          |

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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!



## 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.



## Cook the mince

- 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**.



## 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!



## Bake the pasta

- Spray or brush the holes in the muffin tin with **oil**, then pack tightly with **pasta**. Sprinkle with remaining **Cheddar cheese**.
- Bake until the pasta goes crunchy and golden, **8-10 minutes**.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



### CUSTOM OPTIONS

**+** **DOUBLE BEEF MINCE**  
Follow method above.

**+** **DOUBLE CHEDDAR CHEESE**  
Follow method above.

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

