

# Nan's Beef & Mushroom Spaghetti

with Apple Garden Salad

NEW

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13



Apple



Button Mushrooms



Garlic



Rosemary



Spaghetti



Beef Mince



Nan's Special Seasoning



Chilli Flakes (Optional)



Tomato Paste



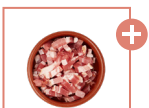
Chicken-Style Stock Powder



Mixed Salad Leaves



Grated Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins  
Ready in: 30-40 mins

Protein Rich

Spaghetti made with love is the best kind, and that's exactly what we've got tonight! Nan's special seasoning adds that extra flourish of heartwarming goodness to an already delicious beef and mushroom ragu. Serve it with a sweet and crisp apple salad, and dig into this bowl of happiness.

### Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar

## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
apple	1	2
button mushrooms	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
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
chilli flakes (optional)	pinch	pinch
tomato paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
<b>balsamic vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3117kJ (744Cal)	739kJ (176Cal)
Protein (g)	44g	10.4g
Fat, total (g)	25.6g	6.1g
- saturated (g)	9.2g	2.2g
Carbohydrate (g)	77g	18.3g
- sugars (g)	12.2g	2.9g
Sodium (mg)	874mg	207mg
Dietary Fibre (g)	9.1g	2.2g

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.



## Get prepped

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Thinly slice **apple** and **button mushrooms**.
- Finely chop **garlic**.
- Pick and finely chop **rosemary** leaves.

**TIP:** Rosemary has a strong flavour - add less if desired!



## Bring it all together

- Reduce heat to medium, then add the **reserved pasta water**, **chicken-style stock powder** and the **brown sugar** and simmer, stirring, until slightly reduced, **2-3 minutes**.
- Remove pan from heat, then add **spaghetti** and stir to combine.



## Boil the spaghetti

- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Reserve **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **spaghetti**, then return to saucepan.

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



## Toss the salad

- In a medium bowl, combine **apple**, **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



## Make the sauce

- In a large frying pan heat a drizzle of **olive oil** over high heat.
- Cook **mushrooms** and **beef mince**, breaking up with a spoon, until browned, **8-10 minutes**.
- Add **garlic**, **rosemary**, **Nan's special seasoning**, **chilli flakes** (if using) and **tomato paste**, then cook until fragrant, **1-2 minutes**.



## Serve up

- Divide Nan's beef and mushroom spaghetti between bowls.
- Serve with apple garden salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



### CUSTOM OPTIONS

**+** **ADD GRATED PARMESAN CHEESE**  
Sprinkle over before serving.

**+** **ADD DICED BACON**  
Cook with mushrooms and beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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

