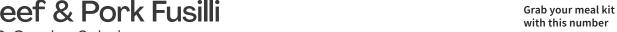


Herby Beef & Pork Fusilli with Broccoli & Garden Salad

NEW









Broccoli Florets









Tomato Paste





Chicken-Style Stock Powder

Mixed Salad Leaves







Protein Rich

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
olive oil*	refer to method	refer to method
broccoli florets	1 medium packet	1 large packet
apple	1	2
garlic	2 cloves	4 cloves
fusilli	1 medium packet	2 medium packets
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
mixed salad leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2870kJ (685Cal)	704kJ (168Cal)
Protein (g)	43.1g	10.6g
Fat, total (g)	21.3g	5.2g
- saturated (g)	8g	2g
Carbohydrate (g)	75.1g	18.4g
- sugars (g)	11.8g	2.9g
Sodium (mg)	589mg	145mg
Dietary Fibre (g)	10.1g	2.5g

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.



Get prepped

- Cut any larger broccoli florets in half.
- Thinly slice apple.
- Finely chop garlic.



Cook the fusilli

- Half-fill a large saucepan with water, add a generous pinch of salt, then bring to the boil over high heat.
- Cook fusilli in boiling water until 'al dente',
 12 minutes.
- Reserve pasta water (½ cup for 2 people / 1 cup for 4 people). Drain fusilli, then return to saucepan.



Cook the broccoli

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Add broccoli florets and cook until tender,
 6-7 minutes. Transfer to a bowl.



Make the sauce

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook beef & pork mince, breaking up with a spoon, until just browned, 3-4 minutes.
- Add garlic and tomato paste, and cook until fragrant, 1-2 minutes.
- Return broccoli to the pan, then add chicken-style stock powder, the butter, cooked fusilli and reserved pasta water. Cook, stirring, until combined. Season to taste.



Toss the salad

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



Serve up

- Divide herby beef and pork fusilli with broccoli between bowls.
- Serve with balsamic dressed garden salad. Enjoy!









