



# Herby Beef & Pork Fusilli

with Broccoli & Garden Salad

NEW

Grab your meal kit with this number

23



Broccoli Florets



Apple



Garlic



Fusilli



Beef & Pork Mince



Tomato Paste



Chicken-Style Stock Powder



Mixed Salad Leaves



Grated Parmesan Cheese



Shredded Cheddar Cheese

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

Protein Rich

We love fusilli, it might be our favourite pasta shape! All those swirly twirly edges are perfect for catching whatever flavours you pair it with. Tonight, we're tossing it through savoury beef & pork mince and vibrant green broccoli, with a simple sweet-and-tangy salad. Sounds like a perfect combo to us!

### Pantry items

Olive Oil, Butter, 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
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
<b>butter*</b>	20g	40g
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)	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](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

- 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!

## 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 CHEDDAR CHEESE**  
Sprinkle over before serving.

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

