

# Creamy Beef & Veggie Pasta Nests

with Cheddar Cheese

KID'S KITCHEN

Grab your meal kit with this number

42



Spaghetti



Celery



Onion



Carrot



Beef Mince



Nan's Special Seasoning



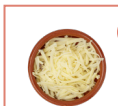
Garlic & Herb Seasoning



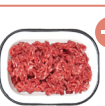
Cream



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

## 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
spaghetti	1 packet	2 packets
celery	1 stalk	2 stalks
onion	½	1
carrot	1	2
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

\*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://www.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

- Boil the kettle. Half-fill a large saucepan with boiling water and a generous pinch of **salt**.
- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **spaghetti**, then return to saucepan.
- Meanwhile, finely chop **celery** and **onion** (see ingredients). Grate **carrot**.

**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!

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), **cooked spaghetti** and the **reserved pasta water** and cook, stirring, until warmed through, **1 minute**.

**Little cooks:** Take charge by adding the spice blends!

**CUSTOM OPTIONS**

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

**+ DOUBLE BEEF MINCE**  
Follow method above, cooking in batches if necessary.

2



## Cook the mince

- While the **pasta** is cooking, 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**.

4



## Serve up

- Divide creamy beef and veggie pasta between plates, twisting the spaghetti in the shape of a nest.
- Sprinkle over **shredded Cheddar cheese** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the cheese!

**We're here to help!**

Scan here if you have any questions or concerns

2024 | CW25



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

