



Dinner - Beef, Bacon & Rosemary Fettuccine with Parmesan

Lunch - Mediterranean Beef Couscous with Capers

Grab your Meal Kit with this symbol



Carrot



Celery



Brown Onion



Garlic



Rosemary



Diced Bacon



Beef Mince



Tomato Paste



Chopped Tomatoes



Beef Stock



Fettuccine



Couscous



Vegetable Stock



Baby Spinach Leaves



Grated Parmesan Cheese

FOR YOUR LUNCH



Parsley



Capers



Feta



DINNER
Hands-on: **40-50** mins
Ready in: **45-55** mins

LUNCH
Ready in: **10** mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Whip up a hearty beef ragu with fettuccine for dinner, then an easy yet flavour-packed beef couscous bowl for lunch. Extra delicious!

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
brown onion	1 (medium)	1 (large)
garlic	4 cloves	6 cloves
rosemary	1 bunch	1 bunch
diced bacon	1 packet (100g)	1 packet (200g)
beef mince	1 large packet	1 large & 1 small packet
salt*	¼ tsp	½ tsp
tomato paste	2 tins	3 tins
chopped tomatoes	2 tins	3 tins
beef stock	1 sachet	2 sachets
fettuccine	1 packet	2 packets
couscous	1 packet	1 packet
vegetable stock	1 sachet	1 sachet
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 bag (90g)	1 bag (120g)
butter*	20g	30g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
parsley	1 bunch	1 bunch
capers	1 packet	1 packet
feta	1 block (50g)	1 block (50g)

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3730kJ (890Cal)	613kJ (146Cal)
Protein (g)	51.2g	8.4g
Fat, total (g)	28.8g	4.7g
- saturated (g)	12.2g	2.0g
Carbohydrate (g)	100g	16.5g
- sugars (g)	23.3g	3.8g
Sodium (g)	2720mg	447mg

LUNCH

Energy (kJ)	2940kJ (702Cal)	511kJ (122Cal)
Protein (g)	44.8g	7.8g
Fat, total (g)	28.6g	5.0g
- saturated (g)	13.0g	2.3g
Carbohydrate (g)	62.3g	10.8g
- sugars (g)	20.5g	3.6g
Sodium (g)	2730mg	474mg

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.

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1. Get prepped

Bring a medium saucepan of salted water to the boil. Bring a kettle of **water** to the boil. Finely chop the **carrot** (unpeeled), **celery** and **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **rosemary** leaves.

TIP: Grate the carrot if you prefer.



4. Finish the sauce

Stir the **brown sugar**, **baby spinach leaves** and **butter** through the **tomato sauce** until the spinach is wilted, **2 minutes**. Season to taste with **salt** and **pepper**, then transfer two portions into a bowl and set aside. Add the **fettuccine** to the pan with the **remaining tomato sauce** and toss to coat.



2. Cook the sauce

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **diced bacon** and cook, stirring, until golden, **3-4 minutes**. Add the **carrot**, **celery** and **onion** and cook until softened, **3-4 minutes**. Increase the heat to high, add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **salt**, **garlic** and **rosemary** and cook until fragrant, **1-2 minutes**. Add the **tomato paste** and cook, stirring, until the beef is coated, **2 minutes**. Add the **chopped tomatoes** and **beef stock**. Reduce the heat to medium and simmer until thickened, **10 minutes**.



5. Make dinner

Divide the **beef**, **bacon** and **rosemary fettuccine** between plates and sprinkle over the **grated Parmesan cheese**.



3. Cook the pasta & couscous

While the veggies are cooking, add the **fettuccine** to the saucepan of boiling water. Cook until 'al dente', **10 minutes**. Drain and return to the saucepan. Place the **couscous** in a medium bowl with the **vegetable stock**. Add **3/4 cup of boiling water** and stir to combine. Immediately cover the bowl with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

TIP: 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



6. Make lunch

When you're ready to pack your lunch, roughly chop the **parsley leaves**. Stir the **parsley** and **capers** through the **reserved beef** and **tomato sauce**. Divide the **couscous** between two microwavable containers and top with the **Mediterranean beef**. Crumble over the **feta**. At lunch time, heat in the microwave until piping hot, **2-3 minutes**.

Enjoy!