



Beef & Sugo Sauce with Fresh Fettuccine & Parmesan

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3390kJ (810Cal) | Protein 44.8g | Fat, total 22.3g - saturated 7.1g | Carbohydrate 102g - sugars 24.4g | Sodium 2070mg

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2021 | WK04 | U

Get ready

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'll need

(along with the basics)



Large Frying Pan

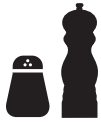


Medium Saucepan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Mince	1 pkt	1 pkt
Fresh Fettuccine	1 pkt	1 pkt
Grated Parmesan Cheese	1 pkt (30g)	2 pkts (60g)

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.

1. Sizzle



Beef Mince



Garlic & Herb Seasoning



Beef-Style Stock Powder



Tomato Sugo

2. Boil



Fresh Fettuccine

3. Toss



Pear



Mixed Salad Leaves



Balsamic & Olive Oil Dressing



Grated Parmesan Cheese

- Boil the kettle. Heat a frying pan over high heat with **olive oil**
- Cook **beef**, breaking up, until browned, **4 mins**
- Add **herb spice, beef stock, tomato sugo** and a splash of **water**
- Stir through until heated. Season

- Once the kettle is boiled, pour the **water** into a saucepan over high heat
- Bring to the boil, then add **fettuccine** and cook until al dente, **3 mins**
- Drain **pasta** and return to pan with a generous drizzle of **olive oil**
- Season

- Slice **pear**
- Grab a bowl. Combine **pear, mixed salad leaves** and **dressing**. Toss and season
- Divide the **pasta** between bowls
- Top with the **beef** and **sugo sauce**
- Garnish with **Parmesan**
- Serve with salad

