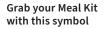


Creamy Beef & Courgette Spaghetti with Almond & Parmesan Pangrattato

















Flaked Almonds







Grated Parmesan







Seasoning



Dijon Mustard









Baby Spinach Leaves

Hands-on: 20-30 mins Ready in: 25-35 mins

This saucy creation uses a sour cream and Dijon mustard-based sauce to coat spaghetti, with chunks of tender beef mince and a crunchy Parmesan pangrattato. Add greens that gently wilt when tossed with the pasta, and you've got a new recipe that's sure to please everyone.

Pantry items

Olive Oil, 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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsley	1 bunch	1 bunch
courgette	1	2
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
butter*	20g	40g
flaked almonds	1 packet	2 packets
panko breadcrumbs	½ packet	1 packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
spaghetti	1 packet	2 packets
beef mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
Dijon mustard	1 packet (15g)	2 packets (30g)
chicken-style stock powder	1 sachet	2 sachets
sour cream	1 medium packet	1 large packet
baby spinach leaves	1 bag (60g)	1 bag (120g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4758kJ (1137Cal)	860kJ (205Cal)
Protein (g)	55.7g	10.1g
Fat, total (g)	50.7g	9.2g
- saturated (g)	26.9g	4.9g
Carbohydrate (g)	96.3g	17.4g
- sugars (g)	14.1g	2.5g
Sodium (mg)	1871mg	338mg

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

Bring a large saucepan of salted water to the boil. Finely chop the **parsley** leaves. Thinly slice the **courgette** into rounds. Finely chop the **brown onion**. Finely chop the **garlic**.



Make the pangrattato

In a large frying pan, melt the **butter** over a medium-high heat. Add the **flaked almonds** and **panko breadcrumbs** (see ingredients) and cook, stirring, until golden, **2-3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl, allow to cool, then stir through the **parsley** and **grated Parmesan cheese**. Season to taste and set aside.



Cook the spaghetti

Cook the **spaghetti** in the boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (1 cup for 2 people / 2 cups for 4 people), then drain the **pasta** and return to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Cook the veggies & beef

While the pasta is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **courgette**, tossing, until golden, **3-5 minutes**. Transfer to a plate. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **onion** and **beef mince**, breaking it up with a spoon, until browned, **4-6 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**.



Finish the pasta

Reduce the heat to medium, then return the courgette to the frying pan. Add the garlic & herb seasoning, Dijon mustard, chicken-style stock powder and reserved pasta water. Simmer until thickened slightly, 2-3 minutes. Remove from the heat, then stir in the sour cream, baby spinach leaves and cooked spaghetti. Season to taste.



Serve up

Divide the creamy beef and courgette spaghetti between bowls. Top with the almond and Parmesan pangrattato.

Enjoy!