



# Creamy Beef & Courgette Spaghetti

with Almond & Parmesan Pangrattato

Grab your Meal Kit with this symbol



Parsley



Courgette



Brown Onion



Garlic



Flaked Almonds



Panko Breadcrumbs



Grated Parmesan Cheese



Spaghetti



Beef Mince



Garlic & Herb Seasoning



Dijon Mustard



Chicken-Style Stock Powder



Sour Cream



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](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

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**.



## 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**.



## 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.



## 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.



## 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.



## Serve up

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

## Enjoy!