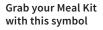


Quick Creamy Beef & Leek Spaghetti with Balsamic Salad & Herbs



















Beef Mince



Tomato Paste



Longlife Cream



Beef-Style Stock Powder



Nan's Special



Seasoning



Grated Parmesan Cheese



Herbs

Mixed Leaves

Pantry items

Olive Oil, Honey, Balsamic Vinegar

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

 $Large\ saucepan \cdot Large\ frying\ pan$

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	1 packet
garlic	2 cloves	4 cloves
leek	1	2
tomato	1	2
beef mince	1 packet	1 packet
tomato paste	1 packet	2 packets
longlife cream	½ bottle (125ml)	1 bottle (250ml)
beef-style stock powder	1 sachet (10g)	2 sachets (20g)
Nan's special seasoning	1 sachet	2 sachets
honey*	1 tsp	2 tsp
balsamic vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
herbs	1 bag	1 bag

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4199kJ (1003Cal)	899kJ (214Cal)
Protein (g)	50.1g	10.7g
Fat, total (g)	47g	10.1g
- saturated (g)	26.5g	5.7g
Carbohydrate (g)	83.7g	17.9g
- sugars (g)	16.5g	3.5g
Sodium (mg)	2001mg	428mg

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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the pasta

- · Bring a large saucepan of salted water to the boil.
- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/2 cup for 2 people/1 cup for 4 people). Drain and return to the saucepan.
- Meanwhile, finely chop garlic. Thinly slice leek. Roughly chop tomato.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



Make the sauce

- Wipe out the frying pan, then return to medium-high heat with a drizzle of alive oil
- Add leek and cook until softened, 3-4 minutes. Add garlic and tomato paste and cook until fragrant, 1-2 minutes.
- Add longlife cream (see ingredients), beef-style stock powder and
 Nan's special seasoning. Simmer until slightly thickened, 1-2 minutes.
- Return **beef** and **spaghetti** to the pan and stir to coat. Season to taste.

TIP: If the sauce looks too thick, add the reserved pasta water to loosen.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Add beef mince and cook, breaking up with a spoon, until just browned,
 3-4 minutes. Transfer to a bowl and cover to keep warm.



Serve up

- In a medium bowl, combine the honey and a drizzle of balsamic vinegar and olive oil with a pinch of salt and pepper. Add tomato and mixed leaves, then toss to combine.
- Divide creamy beef and leek spaghetti between bowls. Top with grated
 Parmesan cheese. Tear over herbs. Serve with balsamic salad.

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.

Enjoy!