



Quick Creamy Beef & Leek Spaghetti

with Balsamic Salad & Herbs

Grab your Meal Kit with this symbol



Spaghetti



Garlic



Leek



Tomato



Beef Mince



Tomato Paste



Longlife Cream



Beef-Style Stock Powder



Nan's Special Seasoning



Mixed Leaves



Grated Parmesan Cheese



Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Here's a new delectable combination for pasta night. We've paired seasoned beef with cooked leek and a side of fresh salad to ensure your mouth-waters as they all come together in the bowl. And of course, add Parmesan cheese!

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 · Large frying pan

Ingredients

	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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW17



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 **olive 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!