



Easy Beef & Cherry Tomato Penne Bolognese

with Parmesan & Pear Salad

Grab your Meal Kit with this symbol



Penne



Leek



Garlic



Nan's Special Seasoning



Beef-Style Stock Powder



Tinned Cherry Tomatoes



Pear



Salad Leaves



Beef Mince



Grated Parmesan Cheese



Diced Bacon

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25 mins**
Ready in: **30-40 mins**

Packed with the rich flavours of a classic Italian tomato sauce, you'll find it hard to believe this beef bolognese didn't involve hours of cooking. Plus, with thin strips of leek hidden in the sauce, it creates a beautifully textured and mouth-watering meal everyone will love.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar, 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
penne	1 packet	1 packet
leek	1	2
garlic	3 cloves	6 cloves
beef mince	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
tinned cherry tomatoes	1 tin	2 tins
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
pear	½	1
balsamic vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3701kJ (885Cal)	667kJ (159Cal)
Protein (g)	49.3g	8.9g
Fat, total (g)	32.7g	5.9g
- saturated (g)	17.1g	3.1g
Carbohydrate (g)	84.9g	15.3g
- sugars (g)	18.4g	3.3g
Sodium (mg)	1050mg	189mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4286kJ (1024Cal)	709kJ (169Cal)
Protein (g)	57.3g	9.5g
Fat, total (g)	44.9g	7.4g
- saturated (g)	21.6g	3.6g
Carbohydrate (g)	85g	14.1g
- sugars (g)	18.4g	3g
Sodium (mg)	1449mg	240mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Cook the penne

- Bring a medium saucepan of salted water to the boil. Cook **penne** in boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain **penne** and return to saucepan. Drizzle with **olive oil** to prevent pasta from sticking.

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

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

3



Finish the bolognese

- Add **Nan's special seasoning**, **beef-style stock powder**, **tinned cherry tomatoes** and some reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) and cook, stirring, until slightly reduced, **2-3 minutes**.
- Remove from heat, then add the **butter** and **brown sugar** and stir to combine. Season, then add cooked **penne** and gently toss to combine. Set aside.
- Meanwhile, thinly slice **pear** (see ingredients).
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Add **salad leaves** and **pear**, then toss to coat.

TIP: Add a dash more pasta water if the sauce looks dry.

2



Start the bolognese

- Meanwhile, thinly slice **leek**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **leek**, stirring, until softened, **4-5 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until just browned, **3-5 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've added diced bacon to your meal, add the bacon with the mince to cook.

4



Serve up

- Divide beef and cherry tomato bolognese with penne between bowls.
- Sprinkle with **grated Parmesan cheese**. Serve with pear salad. Enjoy!

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

Rate your recipe

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