



Plant-Based 'Beef' & Kalamata Olive Pasta

with Garlic Pangrattato & Green Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Orecchiette



Garlic



Brown Onion



Kalamata Olives



Carrot



Cucumber



Panko Breadcrumbs



Plant-Based Mince



Passata



Nan's Special Seasoning



Mixed Salad Leaves



Beef Mince

Prep in: 15-25 mins
Ready in: 20-30 mins



Plant-Based*

*Custom Recipe is not Plant-Based

'Pangrattato' is Italian for breadcrumb and it adds a delicious, traditional crunch when sprinkled over pasta. The orecchiette (meaning 'little ears' in Italian) is the perfect pasta shape for cradling the olives and the 'beef'. What more could you want?

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

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
orecchiette	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
brown onion	1	2
kalamata olives	1 packet	2 packets
carrot	1	2
cucumber	1	2
panko breadcrumbs	½ medium packet	1 medium packet
plant-based mince	1 small packet	2 small packets
passata	1 box	2 boxes
Nan's special seasoning	1 large sachet OR 2 medium sachets	2 large sachets OR 4 medium sachets
plant-based butter*	20g	40g
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3335kJ (797Cal)	545kJ (130Cal)
Protein (g)	32.5g	5.3g
Fat, total (g)	25.5g	4.2g
- saturated (g)	5.7g	0.9g
Carbohydrate (g)	102.6g	16.8g
- sugars (g)	22.9g	3.7g
Sodium (mg)	2010mg	328mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3427kJ (819Cal)	538kJ (128Cal)
Protein (g)	44.2g	6.9g
Fat, total (g)	26.1g	4.1g
- saturated (g)	8.4g	1.3g
Carbohydrate (g)	97.1g	15.2g
- sugars (g)	21.8g	3.4g
Sodium (mg)	1487mg	233mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Cook the pasta

- Bring a large saucepan of salted water to the boil.
- Cook **orecchiette** in the boiling water until 'al dente', **8 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / ⅓ cup for 4 people), then drain **pasta** and return to pan.

3



Cook the sauce

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **3-4 minutes**.
- Add **carrot** and **plant-based mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.
- Stir through **passata**, reserved **pasta water**, **Nan's special seasoning** and **kalamata olives**. Reduce heat to medium and simmer until slightly thickened, **3-5 minutes**. Stir through the **plant-based butter**. Add cooked **orecchiette** to pan and toss to coat. Season to taste.
- Meanwhile, combine a drizzle of the **white wine vinegar** and **olive oil** in a medium bowl. Season, then add **mixed salad leaves** and **cucumber**. Toss to coat.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as above, draining oil from the pan before adding the passata.

2



Make the pangrattato

- Meanwhile, finely chop **garlic** and **brown onion**. Roughly chop **kalamata olives**. Grate **carrot**. Thinly slice **cucumber** into half-moons. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add **garlic** and cook until fragrant, **1-2 minutes**.
- Transfer to a small bowl. Season with **salt** and **pepper** to taste. Set aside.

4



Serve up

- Divide plant-based 'beef' and kalamata olive pasta between bowls.
- Top with garlic pangrattato.
- Serve with green salad. Enjoy!

Rate your recipe

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