



Tomato & Herb Beef Penne Alla Bolognese

with Parmesan Cheese

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Penne



Beef Mince



Soffritto Mix



Tomato & Herb Seasoning



Garlic Paste



Diced Tomatoes With Onion & Garlic



Baby Spinach Leaves



Parmesan Cheese



Parmesan Cheese

Prep in: **5-15 mins**
Ready in: **20-30 mins**

You can't go wrong with this Italian classic – it's a dish guaranteed to get everyone excited for dinner. Packed with hidden veggies and on the table in 20 minutes, prepare to tuck in. Don't forget the sprinkle of Parmesan on top!

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

Pantry items

Olive Oil, Brown Sugar

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
penne	1 medium packet	2 medium packets
beef mince	1 small packet	2 small packets OR 1 large packet
soffritto mix	1 medium bag	1 large bag
tomato & herb seasoning	1 box	2 boxes
garlic paste	1 packet	2 packets
diced tomatoes with onion & garlic	1 packet	2 packets
brown sugar*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3101kJ (741Cal)	567kJ (136Cal)
Protein (g)	47.3g	8.7g
Fat, total (g)	19.9g	3.6g
- saturated (g)	9g	1.6g
Carbohydrate (g)	85.2g	15.6g
- sugars (g)	19.5g	3.6g
Sodium (mg)	3082mg	564mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3309kJ (791Cal)	591kJ (141Cal)
Protein (g)	51.4g	9.2g
Fat, total (g)	23.5g	4.2g
- saturated (g)	11.7g	2.1g
Carbohydrate (g)	85.5g	15.3g
- sugars (g)	19.7g	3.5g
Sodium (mg)	3214mg	574mg

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

- Boil the kettle. Pour boiled water into a large saucepan and place over high heat with a pinch of **salt**.
- Add **penne** to the boiling water and cook, over high heat, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / ⅔ cup for 4 people). Drain **penne**, then return to saucepan with a drizzle of **olive oil**.

3



Simmer the sauce

- Reduce heat to medium, then add **tomato & herb seasoning** and **garlic paste** and cook until fragrant, **1 minute**.
- Stir in **diced tomatoes with onion & garlic**, the **reserved pasta water** and **brown sugar** and simmer until slightly thickened, **1-2 minutes**.
- Add **cooked pasta** and **baby spinach leaves**, stirring to combine, **1 minute**. Season to taste.

2



Cook the beef

- Meanwhile, heat a large frying pan over high heat.
- Cook **beef mince** and **soffritto mix** (no need for oil!), breaking up with a spoon, until just browned, **4-5 minutes**.

4



Serve up

- Divide tomato and herb beef penne alla bolognese between bowls.
- Top with **Parmesan cheese** to serve. Enjoy!

Custom Recipe: If you've doubled your Parmesan cheese, top penne with Parmesan as above.

Rate your recipe

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