



Plant-Based 'Beef' Orecchiette & Pangrattato

with Semi-Dried Tomato Salad

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Orecchiette



Garlic



Brown Onion



Semi-Dried Tomatoes



Silverbeet



Carrot



Cucumber



Panko Breadcrumbs



Plant-Based Mince



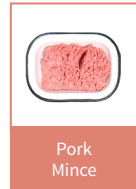
Passata



Garlic & Herb Seasoning



Mixed Salad Leaves



Pork 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 saucy '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 | 2 medium packets |
| garlic | 2 cloves | 4 cloves |
| brown onion | 1 | 2 |
| semi-dried tomatoes | 1 packet | 2 packets |
| silverbeet | 1 medium packet | 1 large packet |
| carrot | 1 | 2 |
| cucumber | 1 | 2 |
| panko breadcrumbs | 1 medium packet | 2 medium packets |
| plant-based mince | 1 packet | 2 packets |
| passata | 1 packet | 2 packets |
| garlic & herb seasoning | 1 medium sachet | 1 large sachets |
| plant-based butter* | 20g | 40g |
| white wine vinegar* | drizzle | drizzle |
| mixed salad leaves | 1 small packet | 1 medium packet |
| pork mince** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3319kJ (793Cal) | 541kJ (129Cal) |
| Protein (g) | 32.7g | 5.3g |
| Fat, total (g) | 26.4g | 4.3g |
| - saturated (g) | 5.5g | 0.9g |
| Carbohydrate (g) | 99.3g | 16.2g |
| - sugars (g) | 21.1g | 3.4g |
| Sodium (mg) | 1832mg | 299mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3385kJ (809Cal) | 530kJ (127Cal) |
| Protein (g) | 40.9g | 6.4g |
| Fat, total (g) | 27.9g | 4.4g |
| - saturated (g) | 7.8g | 1.2g |
| Carbohydrate (g) | 93.8g | 14.7g |
| - sugars (g) | 20g | 3.1g |
| Sodium (mg) | 1307mg | 205mg |

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.

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 / ¾ cup for 4 people), then drain **pasta** and return to pan.

3



Cook the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until slightly softened, **2-3 minutes**.
- Add **carrot** and **plant-based mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Stir through **passata**, **reserved pasta water** and **garlic & herb seasoning**. Reduce heat to medium, add **silverbeet** and simmer until slightly thickened, **2-3 minutes**. Stir through the **plant-based butter**. Add **cooked orecchiette** to pan and toss to coat. Season to taste.
- Meanwhile, combine a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season, then add **mixed salad leaves**, **semi-dried tomatoes** and **cucumber**. Toss to coat.

Custom Recipe: If you've swapped to pork mince, cook pork mince in the same way as the plant-based mince.

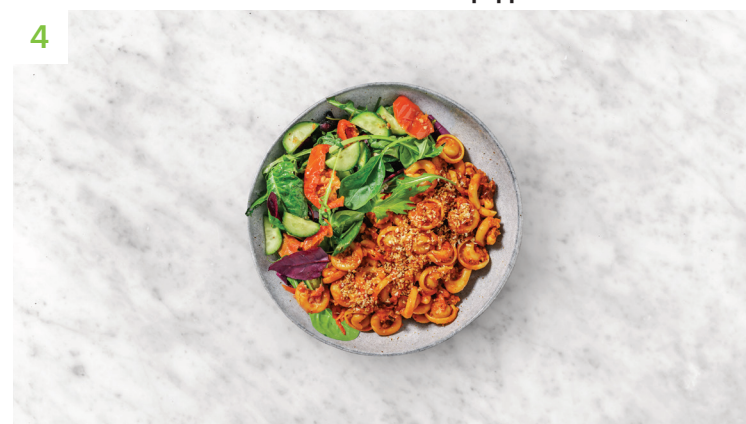
2



Make the pangrattato

- Meanwhile, finely chop **garlic** and **brown onion**. Roughly chop **semi-dried tomatoes** and **silverbeet**. 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' orecchiette between bowls.
- Top with garlic pangrattato.
- Serve with semi-dried tomato salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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