



# Creamy Tomato Beef Brisket Penne

with Baby Spinach & Parmesan Cheese

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Penne



Zucchini



Garlic



Slow-Cooked Beef Brisket



Tomato & Herb Seasoning



Tomato Paste



Light Cooking Cream



Baby Spinach Leaves



Parmesan Cheese



Slow-Cooked Beef Brisket

Prep in: 10-20 mins  
Ready in: 25-35 mins

Tonight, cosy up to this creamy, comforting penne bowl loaded with succulent beef brisket, garlic and zucchini. We highly recommend a sprinkling of Parmesan... or a blanket of Parmesan - you can never have too much cheese!

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

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
penne	1 medium packet	2 medium packets
zucchini	1	2
garlic	2 cloves	4 cloves
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
tomato & herb seasoning	1 medium sachet	2 medium sachets
tomato paste	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
slow-cooked beef brisket**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3688kJ (881Cal)	705kJ (168Cal)
Protein (g)	53.6g	10.2g
Fat, total (g)	38.5g	7.4g
- saturated (g)	19g	3.6g
Carbohydrate (g)	77.2g	14.8g
- sugars (g)	11.2g	2.1g
Sodium (mg)	1613mg	308mg
Dietary Fibre (g)	10.1g	1.9g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4967kJ (1187Cal)	712kJ (170Cal)
Protein (g)	85.6g	12.3g
Fat, total (g)	57.6g	8.3g
- saturated (g)	26.9g	3.9g
Carbohydrate (g)	79g	11.3g
- sugars (g)	11.5g	1.6g
Sodium (mg)	2191mg	314mg
Dietary Fibre (g)	11.8g	1.7g

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](https://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 penne

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **penne** in the boiling water until 'al dente', **12 minutes**.
- Reserve **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people). Drain **penne**, then return to saucepan with a drizzle of **olive oil**.

3



## Cook the veggies & bring it all together

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **zucchini**, stirring, until tender, **4-5 minutes**.
- Reduce heat to medium and add **tomato & herb seasoning**, **tomato paste** and **garlic** and cook, stirring, until fragrant, **1 minute**.
- Stir in **light cooking cream** and the **reserved pasta water**, until slightly thickened, **1-2 minutes**.
- Remove pan from heat then stir in **cooked penne**, **shredded beef** and **baby spinach leaves**, tossing until wilted and combined. Season to taste.

2



## Get prepped & cook the beef brisket

- Meanwhile, thinly slice **zucchini** into rounds.
- Finely chop **garlic**.
- Transfer **slow-cooked beef brisket** including the liquid to a bowl and shred with 2 forks.
- In a large frying pan, cook **shredded beef** (no need for oil) over high heat, stirring, until heated through and liquid has evaporated, **4-5 minutes**. Transfer to a bowl and set aside.

**Custom Recipe:** If you've doubled your slow-cooked beef brisket, prepare beef as above. Cook beef in batches for best results.

4



## Serve up

- Divide creamy tomato beef brisket penne between bowls.
- Top with **Parmesan cheese** to serve. Enjoy!

## Rate your recipe

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