



# Easy Cheesy Beef Bolognese Pasta Bake

with Apple Salad

NEW

KID FRIENDLY

Grab your meal kit with this number

39



Fusilli



Apple



Carrot



Beef Mince



Garlic Paste



Tomato Paste



Passata



Vegetable Stock Powder



Cheddar Cheese



Mixed Salad Leaves



Beef Mince



Pork Mince

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

Sit back and watch how the cheesy beef bolognese goodness, bakes up to golden perfection in the oven, while you whip up an easy apple salad. Dinner done in a flash!

### Pantry items

Olive Oil, Butter, Brown Sugar, Vinegar (White Wine or Balsamic)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Medium baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
fusilli	1 medium packet	2 medium packets
apple	1	2
carrot	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	2 packets	4 packets
tomato paste	1 medium packet	2 medium packets
passata	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
Cheddar cheese	1 large packet	2 large packets
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3451kJ (825cal)	338kJ (81cal)
Protein (g)	46.3g	4.5g
Fat, total (g)	32.7g	3.2g
- saturated (g)	16.1g	1.6g
Carbohydrate (g)	82.2g	8.1g
- sugars (g)	17.1g	1.7g
Sodium (mg)	1004mg	98.4mg
Dietary Fibre (g)	9.1g	0.9g

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

2024 | CW46



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## Cook the fusilli

- Boil the kettle.
- Fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **fusilli** in boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people) then drain and return to pan.

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

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

3



## Grill the pasta bake

- Reduce heat to medium-high. Add **passata**, **reserved pasta water**, **vegetable stock powder**, the **butter** and **brown sugar** to frying pan. Cook, stirring, **2-3 minutes**.
- Transfer **cooked pasta** and sauce to a medium baking dish, stir to combine and season with **salt** and **pepper**. Sprinkle **Cheddar cheese** over pasta bake.
- Grill until cheese has melted, **5-8 minutes**.

## CUSTOM OPTIONS



### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



### SWAP TO PORK MINCE

Follow method above.

2



## Cook the beef

- While the pasta is cooking, thinly slice **apple** into wedges.
- Grate **carrot**.
- Preheat grill to medium-high.
- Heat a large frying pan over high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **garlic paste** and **tomato paste**, then cook until fragrant, **30 seconds**.

4



## Serve up

- Meanwhile, in a medium bowl, combine **mixed salad leaves**, apple, carrot and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide cheesy beef bolognese pasta bake between plates.
- Serve with apple salad. Enjoy!

**Little cooks:** Take the lead by tossing the salad!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

