



One-Pan Lamb & Zucchini Fusilli

with Parmesan Cheese

NEW

Grab your meal kit with this number

12



Carrot



Brown Onion



Zucchini



Lamb Mince



Garlic & Herb Seasoning



Tomato Paste



Worcestershire Sauce



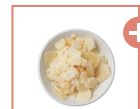
Chicken Stock Pot



Fusilli



Parmesan Cheese



Parmesan Cheese



Lamb Mince

Prep in: 25-35 mins
Ready in: 40-50 mins

Protein Rich

Eat Me First

When you combine tender veggies and lamb mince through chunky spirals of pasta, the result is pure comfort food. But when you add our classic garlic and herb seasoning for that extra flavour, it instantly transforms this meal from good, to great.

Pantry items

Olive Oil

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 frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
brown onion	1	2
zucchini	1	2
lamb mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
Worcestershire sauce	1 packet	2 packets
chicken stock pot	1 small packet	1 medium packet
fusilli	1 medium packet	2 medium packets
boiling water*	2¼ cups	4½ cups
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3029kJ (723Cal)	546kJ (130Cal)
Protein (g)	44.2g	8g
Fat, total (g)	21.1g	3.8g
- saturated (g)	9.4g	1.7g
Carbohydrate (g)	84.9g	15.3g
- sugars (g)	17g	3.1g
Sodium (mg)	1107mg	200mg
Dietary Fibre (g)	9.4g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Boil the kettle.
- Grate **carrot**.
- Finely chop **brown onion**.
- Slice **zucchini** into half-moons.

2



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **zucchini** and **onion**, stirring, until just browned, **3-4 minutes**.
- Add **lamb mince** and **carrot** and cook, breaking up lamb with a spoon, until browned, **3-4 minutes**.
- Add **garlic & herb seasoning** and stir until fragrant, **1 minute**.

3



Add the pasta

- Add **tomato paste**, **Worcestershire sauce**, **chicken stock pot**, **fusilli**, the **boiling water** (2¼ cups for 2 people / 4½ cups for 4 people) and a pinch of **salt**.
- Bring to the boil, then reduce heat to medium-low and cover with a lid. Cook, stirring occasionally, until pasta is al dente **12-15 minutes**.

4



Finish & serve

- Divide one-pan lamb and zucchini fusilli between bowls.
- Top with **Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS

+ **DOUBLE PARMESAN CHEESE**
Follow method above.

+ **DOUBLE LAMB MINCE**
Follow method above.

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

