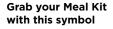


Dinner - Beef, Bacon & Rosemary Spaghetti Lunch - Mediterranean Beef Couscous















Brown Onion



Bacon

Rosemary





Tomato Paste





Diced Tomatoes with Garlic & Olive Oil

Beef Stock



Spaghetti

Vegetable Stock





Baby Spinach Leaves

Grated Parmesan Cheese

FOR YOUR LUNCH







Kalamata Olives

Fetta

Pantry items Olive Oil, Brown Sugar

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Whip up a hearty beef sauce with spaghetti for dinner, then an easy yet flavour-packed beef couscous bowl for lunch. Extra delicious!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
brown onion	1	2
garlic	4 cloves	6 cloves
rosemary	1 bunch	1 bunch
bacon	1 packet (100g)	2 packets (200g)
beef mince	1 medium packet	1 medium & 1 small packet
salt*	1/4 tsp	⅓ tsp
tomato paste	2 sachets	3 sachets
diced tomatoes with garlic & olive oil	2 tins (800g)	3 tins (1.2kg)
beef stock	2 cubes	3 cubes
spaghetti	1 packet	2 packets
couscous	1 packet	1 packet
vegetable stock	1 cube	1 cube
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 bag (90g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	2 blocks (60g)
parsley	1 bunch	1 bunch
kalamata olives	1 packet (50g)	1 packet (50g)
fetta	1 block (50g)	1 block (50g)

Nutrition

Nutrition		
DINNER	PER SERVING	PER 100G
Energy (kJ)	3310kJ (791Cal)	542kJ (130Cal)
Protein (g)	51.2g	8.4g
Fat, total (g)	19.9g	3.3g
- saturated (g)	8.7g	1.4g
Carbohydrate (g)	97.4g	15.9g
- sugars (g)	20.2g	3.3g
Sodium (g)	1260mg	206mg
LUNCH		
Energy (kJ)	2630kJ (629Cal)	666kJ (159Cal)
Protein (g)	41.6g	10.5g
Fat, total (g)	27.6g	7.0g
- saturated (g)	10.2g	2.6g
Carbohydrate (g)	50.1g	12.7g
- sugars (g)	9.7g	2.5g
Sodium (g)	1780mg	451mg

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.

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1. Get prepped

Bring a medium saucepan of salted water to the boil. Bring a kettle of water to the boil. Finely chop or grate the **carrot** (unpeeled). Finely chop the celery and brown onion. Finely chop the garlic (or use a garlic press). Pick and finely chop the rosemary leaves. Roughly chop the bacon.



4. Finish the sauce

Stir the brown sugar and baby spinach leaves through the **tomato sauce** until wilted, **2 minutes**. Season to taste, then transfer two portions to a bowl and set aside. Add the **spaghetti** to the pan with the **remaining sauce** and toss to coat.



2. Cook the sauce

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Add the bacon and cook, stirring, until golden, 3-4 minutes. Add the **carrot**, **celery** and **onion** and cook until softened, 3-4 minutes. Increase the heat to high, add the **beef mince** and cook, breaking up with a spoon, until browned, 3-4 minutes. Add the salt, garlic and rosemary and cook until fragrant, 1-2 minutes. Add the tomato paste and cook until well combined, 2 minutes. Add the diced tomatoes with garlic & olive oil and crumble in the beef stock (2 cubes for 2 people / 3 cubes for 4 people). Reduce the heat to medium and simmer until thickened, 10 minutes.





3. Cook the pasta & couscous

While the sauce is cooking, add the spaghetti to the saucepan of boiling water. Cook until 'al dente', **10 minutes**. Drain and return to the saucepan. Place the **couscous** in a medium bowl and crumble over 1 vegetable stock cube. Add 3/4 cup of **boiling water** and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside until it's time to pack lunch.

TIP: 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



5. Serve up dinner

Divide the beef, bacon and rosemary spaghetti between plates and sprinkle over the grated Parmesan cheese (or grate over the cheese block).



6. Make lunch

When you're ready to pack your lunch, roughly chop the parsley leaves. Stir the kalamata olives and chopped parsley through the reserved sauce. Divide the **couscous** between two microwavable containers and top with the **Mediterranean beef**. Crumble over the fetta. Refrigerate. At lunch time, heat in the microwave until piping hot, 2-3 minutes.

Enjoy!