



# Dinner - Beef, Bacon & Rosemary Spaghetti

## Lunch - Mediterranean Beef Couscous

Grab your Meal Kit with this symbol



Carrot



Celery



Brown Onion



Garlic



Rosemary



Bacon



Beef Mince



Tomato Paste



Diced Tomatoes with Garlic & Olive Oil



Beef Stock



Spaghetti



Vegetable Stock



Baby Spinach Leaves



Grated Parmesan Cheese

**FOR YOUR LUNCH**



Couscous



Parsley



Kalamata Olives



Fetta



**DINNER**  
Hands-on: **40-50 mins**  
Ready in: **45-55 mins**

**LUNCH**  
Ready in: **10 mins**

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!

**Pantry items**

Olive Oil, Brown Sugar



## 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*	¼ tsp	½ 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)

\*Pantry Items

### 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](https://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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## DINNER



### 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**.



### 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**).



### 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.



### 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!