



# Beef Bolognese & Spinach-Ricotta Tortellini with Salad

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3608kJ (862Cal) | Protein 49.5g | Fat, total 40.6g - saturated 18.1g | Carbohydrate 70.3g - sugars 16.9g | Sodium 2507mg  
The quantities provided above are averages only

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2023 | WK16 | V



# Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

## You'll need

(along with the basics)



Medium  
Saucepan

Large Frying  
Pan

## From the pantry



Olive Oil

Salt & Pepper

## From the cool pouch

	2P	4P
Spinach & Ricotta Tortellini	1 pkt	2 pkts
Beef Mince	1 small pkt	1 medium pkt
Garlic Paste	1 pkt	2 pkts
Chicken Stock Pot	1 pkt (20g)	2 pkts (40g)
Shaved Parmesan Cheese	1 pkt (26g)	1 pkt (52g)

## 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.

## 1. Boil



Spinach & Ricotta  
Tortellini



Tomato

- Boil the kettle. Pour **boiling water** into a saucepan over high heat
- Bring to the boil, add **tortellini** and cook until al dente, **3 mins**
- Reserve **pasta water** (1/2 cup for 2P / 1 cup for 4P). Drain **pasta** and return to saucepan
- Meanwhile, chop **tomato**



## 2. Sizzle



Beef Mince



Tomato Paste



Garlic Paste



Garlic & Herb  
Seasoning



Chicken Stock  
Pot



Shaved Parmesan  
Cheese

- Heat **oil** in a frying pan over medium-high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 mins**. Drain oil from pan for best results
- Add **seasoning, tomato paste** and **garlic paste**, and cook, until fragrant, **1 min**
- Stir in reserved **pasta water** and **stock**, cook until slightly reduced, **1-2 mins**
- Remove from heat and stir in **pasta** and 1/2 the **cheese**, until combined. Season to taste



## 3. Toss



Mixed Salad  
Leaves



Balsamic  
Vinaigrette  
Dressing

- Meanwhile, in a bowl, combine **tomato, salad leaves** and **dressing**. Toss and season to taste
- Divide **pasta** between bowls
- Sprinkle over remaining **cheese**
- Serve with **salad**



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