



One-Pot Beef & Veggie Orecchiette

with Parmesan Cheese

WINTER WARMERS

KID FRIENDLY

Grab your Meal Kit with this symbol



Beef Strips



Aussie Spice Blend



Soffritto Mix



Garlic Paste



Diced Tomatoes With Garlic & Onion



Chicken-Style Stock Powder



Orecchiette



Baby Spinach Leaves



Shaved Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

This one-pot wonder is worth all the hype! Juicy Aussie-spiced beef strips, gorgeous veggies and our favourite ear-shaped pasta pouches (orecchiette)! Toss this cheesy goodness all together and enjoy the easy clean-up!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food.

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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef strips	1 small packet	1 medium packet
Aussie spice blend	1 medium sachet	1 large sachet
soffritto mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
diced tomatoes with garlic & onion	1 box	2 boxes
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	1¾ cups	3½ cups
brown sugar*	¼ tsp	½ tsp
orecchiette	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3223kJ (770Cal)	592kJ (141Cal)
Protein (g)	48.8g	9g
Fat, total (g)	23.3g	4.3g
- saturated (g)	11.9g	2.2g
Carbohydrate (g)	85.9g	15.8g
- sugars (g)	18.9g	3.5g
Sodium (mg)	2052mg	377mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3634kJ (869Cal)	616kJ (147Cal)
Protein (g)	55.8g	9.5g
Fat, total (g)	29.5g	5g
- saturated (g)	14.3g	2.4g
Carbohydrate (g)	86.7g	14.7g
- sugars (g)	19.4g	3.3g
Sodium (mg)	2498mg	424mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the beef

- Boil the kettle.
- In a medium bowl, combine **beef strips**, **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **pepper**.
- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips**, tossing, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over high heat helps it stay tender.

3



Make the pasta

- To saucepan, stir in **diced tomatoes with garlic & onion**, **chicken-style stock powder**, the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people) and the **brown sugar**, until combined.
- Bring to the boil, then add **orecchiette** and cover with a lid. Reduce heat to medium-low and simmer, stirring occasionally, until pasta is 'al dente', **12-14 minutes**.
- Remove pan from heat and return **cooked beef**, then stir in **baby spinach leaves** and the **butter**, until the leaves wilted. Season to taste.

2



Cook veggies

- Return saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **soffritto mix**, stirring, until tender, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.

Custom Recipe: If you've added diced bacon, cook diced bacon with soffritto mix, breaking up with a spoon, until golden. Continue as above.

4



Serve up

- Divide beef and veggie orecchiette between bowls.
- Top with **shaved Parmesan cheese** to serve. Enjoy!

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