



Cheeseburger Inspired Pasta with Rocket Salad

Quick 20-25 Minutes • 2 of your 5 a day

5



Penne Pasta



Onion



British Beef Mince



Mature Cheddar Cheese



Garlic Clove



Tomato Passata



Red Wine Stock Paste



Worcester Sauce



Wild Rocket



Burger Sauce



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Sugar, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, colander, frying pan, grater, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Onion**	1	1½	2
British Beef Mince**	240g	360g	480g
Mature Cheddar Cheese** 7)	40g	70g	80g
Garlic Clove**	2	3	4
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Worcester Sauce 13)	15g	22g	30g
Wild Rocket**	20g	40g	40g
Burger Sauce 8) 9)	30g	45g	60g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	511g	100g	556g	100g
Energy (kJ/kcal)	3939 /941	771 /184	4426 /1058	796 /190
Fat (g)	42.2	8.3	51.4	9.2
Sat. Fat (g)	18.9	3.7	21.7	3.9
Carbohydrate (g)	94.2	18.4	95.1	17.1
Sugars (g)	24.4	4.8	24.4	4.4
Protein (g)	46.4	9.1	54.1	9.7
Salt (g)	3.82	0.75	5.05	0.91


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Boil the Pasta

- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.
- Meanwhile, halve, peel and thinly slice the **onion**.



Build the Flavour

- Add the **garlic** to the **mince** and fry until fragrant, 1 min.
- Stir in the **passata**, **red wine stock paste**, **Worcester sauce**, **ketchup**, **sugar** and **water for the sauce** (see pantry for amounts).
- Bring to a boil, then reduce the heat and simmer until thickened, 3-4 mins.



Get Frying

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **onion** and **beef mince** and fry until the **onion** has started to soften and the **mince** has browned, 7-9 mins. Use a spoon to break the **mince** up as it cooks.
- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.
IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you're adding **bacon**, add it to the pan with the **onion** and **mince**, then continue as instructed.
IMPORTANT: Wash hands and utensils after handling raw meat. Cook it thoroughly.



All Together Now

- Meanwhile, in a medium bowl, add a drizzle of **olive oil** and season with **salt** and **pepper**. Mix to combine the **dressing**.
- Once the **pasta sauce** has thickened, stir in the **butter** (see pantry for amount) until melted.
- When the **pasta** is cooked, stir it into the **sauce**.
- Toss the **rocket** through the **dressing**.



Finish Prepping

- While everything cooks, grate the **cheese**.
- Peel and grate the **garlic** (or use a garlic press).



Serve

- Share the **pasta** between your serving bowls.
- Sprinkle over the **cheese**. Drizzle over the **burger sauce**.
- Serve the **rocket salad** on the side.

Enjoy!