

Cheeseburger Inspired Pasta

with Beef and Rocket Salad



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







Penne Pasta





British Beef Mince



Mature Cheddar



Garlic Clove



Tomato Passata



Red Wine Stock







Wild Rocket



Worcester Sauce

Burger Sauce



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

+ Add Bacon Lardons

If you chose to add bacon lardons, 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

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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
British Smoked 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
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*Not Included **Store in the Fridge

Mutnition

Nutrition			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	511g	100g	556g	100g
Energy (kJ/kcal)	3934 /940	770 /184	4421/1057	795 /190
Fat (g)	42.2	8.3	51.4	9.2
Sat. Fat (g)	18.8	3.7	21.7	3.9
Carbohydrate (g)	94.1	18.4	95.0	17.1
Sugars (g)	20.8	4.1	20.8	3.7
Protein (g)	46.4	9.1	54.1	9.7
Salt (g)	3.83	0.75	5.06	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.

[†]Limited-time offer for new subscribers redeeming on eligible devices. Plan auto-renews at £10.99/mo until cancelled. Terms apply. Lossless audio available up to 24-bit/192 kHz.



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Boil the Pasta

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

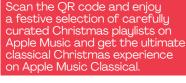


Get Fruing

- a) Heat a drizzle of oil in a large frying pan on medium-high heat.
- b) 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.
- c) 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.



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.



Finish Prepping

a) While everything cooks, grate the cheese.

b) Peel and grate the **garlic** (or use a garlic press).





Build the Flavour

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

All Together Now

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



Serve

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

Enjoy!