



Beef & Tomato Sugo with Fresh Fettuccine & Parmesan

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 4018kJ (960Cal) | Protein 51.2g | Fat, total 33.2g - saturated 10.2g | Carbohydrate 109.2g - sugars 21.1g | Sodium 1983mg
The quantities provided above are averages only.

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2021 | WK19 | V

Get ready

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'll need

(along with the basics)



Large Frying Pan

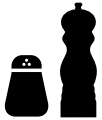


Medium Saucepan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Mince	1 small pkt	1 medium pkt
Beef Stock Pot	1 tub (20g)	1 tub (40g)
Egg Fettuccine	1 pkt	2 pkts
Shaved Parmesan Cheese	1 pkt (30g)	2 pkts (60g)

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.

1. Sizzle



Beef Mince



Garlic & Herb Seasoning



Beef Stock Pot



Tomato Sugo

2. Boil



Egg Fettuccine

3. Toss



Pear



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Shaved Parmesan Cheese

- Boil the kettle
- Heat a drizzle of **olive oil** in frying pan over high heat
- Cook **beef**, breaking with a spoon, until browned, **4 mins**
- Add **seasoning, beef stock pot, tomato sugo** and a splash of **water**
- Stir through until heated and season

- When kettle boils, pour **boiling water** into a saucepan over high heat. Season generously
- Bring to the boil, add **fettuccine** and cook until al dente, **3 mins**
- Drain and return to the pan with a generous drizzle of **oil**

- Slice **pear**
- In a bowl, combine **pear, salad leaves** and **dressing**. Toss and season
- Divide the **fettuccine** between bowls
- Top with the **beef sugo**
- Sprinkle with **Parmesan** and serve with **salad**

