



Creamy Beef & Zucchini

with Herbed Fettucine



*Make your pasta sauce
thick and creamy*



Parsley



Brown Onion



Zucchini



Beef Stock



Fettucine



Beef Strips



Greek Yoghurt



Garlic

Pantry Staples



Olive Oil



Plain Flour



Boiling Water



Worcestershire Sauce



Dijon Mustard



Hands-on: **25** mins
Ready in: **35** mins

Yoghurt is a healthy alternative to cream in a pasta sauce; it also adds a delicious tanginess to silky, melt in your mouth beef strips in this creamy sauce.

BEFORE YOU — START

You will need: **medium saucepan** with a **lid**, **chopping board**, **chef's knife**, **small bowl**, **colander**, **medium bowl**, **large frying pan** and **wooden spoon**. Let's start cooking the **Creamy Beef & Zucchini with Herbed Fettucine**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Finely chop the **parsley** leaves. Finely slice the **brown onion**. Peel and crush the **garlic**. Dice the **zucchini**. In a small bowl, combine the crumbled **beef stock** cube, **boiling water**, **Worcestershire sauce** and **Dijon mustard** (if using).



2 COOK THE PASTA

Add the **fettucine** to the saucepan of boiling water and cook for about **10 minutes**, or until "al dente", stirring regularly to ensure the pasta does not stick. Drain and return to the saucepan. Add **1 tablespoon** of **olive oil** and the **parsley** (reserve a teaspoon of parsley for the garnish) to the saucepan and toss to coat the pasta. Set aside.

Note: be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it!



4 COOK THE BEEF

Heat **1 tablespoon** of the **olive oil** in a large frying pan over a medium-high heat and cook the **beef** in batches for **1-2 minutes**, or until just browned. Remove the **beef** from the pan and set aside.



5 MAKE THE CREAMY SAUCE

Return the pan to a medium heat and add the **remaining olive oil**. Add the **brown onion** and cook, stirring, for **4-5 minutes**, or until soft. Add the **zucchini** and **garlic** and cook for a further **4 minutes**, or until soft. Add the **beef stock** mixture, bring to the boil, then reduce the heat to medium-low and simmer for **5 minutes**, or until the sauce has slightly thickened. Return the **beef** to the pan for **1 minute** to heat through. Remove the pan from the heat and stir through the **Greek yoghurt** just before serving (add as much as needed to reach your desired consistency).



3 FLOUR UP THE BEEF

+ In a medium bowl, add the **plain flour** and season with **salt** and **pepper**. Add the **beef strips** and toss to coat.

Tossing your beef in flour before you sear it is a good idea for two reasons 1. The flour creates a flavourful crust for the beef and insulates the strips from the high heat of the pan 2. Once a liquid is added to the pan, the flour on the beef will thicken the sauce, make it creamy and add richness, depth and flavour.



6 SERVE UP

Divide the herby pasta between bowls. Top with the zucchini beef and **remaining parsley**.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
parsley	1 bunch
brown onion	1
garlic	1 clove
zucchini	2
beef stock	1 cube
boiling water*	½ cup
Worcestershire sauce*	3 tsp
Dijon mustard (optional)*	2 tsp
fettucine (note: use suggested amount)	¾ packet (400g)
olive oil*	3 tbs
plain flour*	1 ½ tbs
beef strips	1 packet (600g)
Greek yoghurt	¾ tub (115g)

*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3020kJ (722Cal)	644kJ (154Cal)
Protein (g)	50.6g	10.8g
Fat, total (g)	21.6g	4.6g
- saturated (g)	6.4g	1.4g
Carbohydrate (g)	77.8g	16.6g
- sugars (g)	7.3g	1.6g
Sodium (mg)	376mg	80mg

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