

for the
little onesSteamed
Carrot

Creamy Beef Pasta

CREAMY Beef SPIRALS

A hearty one-pot pasta with saucy beef, creamy tomato sauce and hidden veggies.



30 Minutes



Beef



2 Servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	29g	102g

FROM YOUR BOX

BEEF MINCE	300g
SHORT PASTA	500g
SHALLOT	1
GARLIC CLOVE	1
ZUCCHINI	1
CARROT	1
TOMATO PASTE	1 sachet
CHOPPED TOMATOES	400g
CREAM CHEESE	1 tub
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube, dried Italian herbs or oregano

COOKING TOOLS

large pan with lid

For a pasta bake, spoon the pasta into an oven dish, top with breadcrumbs and bake until golden.

No gluten option – pasta is replaced with GF pasta.



1. PREPARE the VEGGIES

Peel and finely chop **shallot**. Crush **garlic clove**. Finely grate **zucchini** (use to taste) and **carrot**.

tip We peeled the zucchini prior to grating to hide further.



2. COOK the Beef

Heat a pan with **oil** over medium-high heat. Add **beef mince** and cook for 4–5 minutes, breaking up with a spoon, until browned.



3. ADD the VEGGIES

Add **shallot, garlic, zucchini and carrot** with **2–3 tsp Italian herbs, salt and pepper**. Cook for 3–4 minutes, or until softened.

tip You can use dried oregano instead of Italian herbs if preferred.



4. ADD the Pasta to cook

Stir in **tomato paste, chopped tomatoes, 1/2 crumbled stock cube, 600ml water** and **1/2 packet pasta**. Stir to combine. Bring to a simmer, cover, and cook for 15 minutes, stirring often, until pasta is just tender.

tip Cook pasta and sauce separately if you prefer. Add only 1/2 cup water.



5. Make it Creamy

Reduce heat to low. Stir in **cream cheese** until smooth and creamy. Simmer for 1–2 minutes, or until the sauce has thickened slightly. Season with extra **salt and pepper** to taste.

tip The pasta should look saucy at first. It will thicken as it sits.



6. FINISH AND SERVE

Finely chop **parsley**.

Spoon **pasta** into bowls and sprinkle with **parsley** to taste.

tip Top with some grated parmesan cheese if you have!