

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



4/6 Servings

| Per serve : | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
|             | 47g/43g | 28g/25g   | 92g/62g       |

## FROM YOUR BOX

|                  | 4 PERSON  | 6 PERSON    |
|------------------|-----------|-------------|
| BEEF MINCE       | 600g      | 600g + 300g |
| SHORT PASTA      | 500g      | 500g        |
| BROWN ONION      | 1         | 1           |
| GARLIC CLOVES    | 2         | 3           |
| ZUCCHINI         | 1         | 1           |
| CARROT           | 1         | 2           |
| TOMATO PASTE     | 2 sachets | 2 sachets   |
| CHOPPED TOMATOES | 400g      | 400g        |
| CREAM CHEESE     | 1 tub     | 2 tubs      |
| PARSLEY          | 1 packet  | 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 **onion**. Crush **garlic cloves**. Finely grate **zucchini** and **carrot**.

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



### 2. COOK the Beef

Heat a large frypan 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 **onion, garlic, zucchini and carrot** with **1 tbsp 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, crumbled stock cube, 1.2L water** and **short pasta**. Stir to combine. Bring to a simmer, cover with a lid and cook for 15 minutes, stirring often, until pasta is just tender.

**tip** Cook pasta and sauce separately if you prefer. Add only 1 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. Add extra water if needed.



### 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!