



# Mexican-Style Beef Pasta Bake

with a Cheesy Crumb Topping

**Family** Hands On Time: 25 Minutes • Total Time: 45 Minutes • Little Spice • 1 of your 5 a day

8



Onion



Green Pepper



Carrot



Garlic Clove



Beef Mince



Mexican Spice



Chopped Tomatoes with Basil



Red Wine Stock Paste



Penne Pasta



Panko Breadcrumbs



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Baking Dish and Measuring Jug.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Pepper**	1	2	2
Carrot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Beef Mince**	240g	360g	480g
Mexican Spice	1 pot	1 pot	1 pot
Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14</b>	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Penne Pasta <b>13</b>	200g	300g	400g
Panko Breadcrumbs <b>13</b>	25g	35g	50g
Grated Hard Italian Style Cheese <b>7) 8)</b> **	40g	60g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	672g	100g
Energy (kJ/kcal)	3821 /913	569 /136
Fat (g)	26	4
Sat. Fat (g)	11	2
Carbohydrate (g)	117	17
Sugars (g)	29	4
Protein (g)	50	7
Salt (g)	4.40	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7) Milk 8) Egg 13) Gluten 14) Sulphites**

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## Get Started

Heat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the pasta. Halve, peel and chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Chop into 3cm sized chunks. Coarsely grate the **carrot** (no need to peel). Peel and grate the **garlic** (or use a garlic press).



## Crumb Time

Meanwhile, mix the **panko breadcrumbs** with the **hard Italian style cheese** and a drizzle of **oil**. Season with **salt** and **pepper** and mix well.



## Get Cooking

Heat a drizzle of **oil** in a large deep frying pan on high heat. Once hot, add the **mince** and cook until browned, breaking it up with a wooden spoon as it cooks, 4-5 mins. **TIP: Carefully drain off any excess fat if you'd like.** Add the **onion, carrot** and **pepper** and continue to cook until the **veggies** are slightly softened, 5 mins.



## Assemble

Once the **pasta** is cooked, drain well and mix with the **Mexican beef**. Transfer to a baking dish, sprinkle over the **cheesy breadcrumbs** and bake on the top shelf of your oven until golden brown on top, 8-10 mins.



## Simmer

Add the **garlic** and **Mexican spice** (add less if you don't like heat!) and cook, stirring, for 1 minute. Add the **chopped tomatoes with basil, red wine stock paste** and **water** (see ingredients for amount). Season with **salt** and **pepper**, stir well to dissolve the **stock paste** and simmer until thick and tomatoey, 10-12 mins. **IMPORTANT: The beef is cooked when no longer pink in the middle.** While the **sauce** simmers, add the **penne** to the pan of boiling **water** and cook for 12 mins.



## Serve

Leave the **pasta bake** to stand for a couple of minutes then divide between plates.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.