



Mexican Style Beef Pasta Bake with Cheesy Crumb Topping

Classic 40-45 Minutes • Mild Spice • 2 of your 5 a day

2



Echalion Shallot



Bell Pepper



Garlic Clove



Beef Mince



Mexican Style
Spice Mix



Worcester Sauce



Finely Chopped
Tomatoes with
Onion and Garlic



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!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, bowl, colander, ovenproof dish.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Mexican Style Spice Mix	2 sachets	2 sachets	4 sachets
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	175ml	250ml
Penne Pasta 13)	180g	270g	360g
Panko Breadcrumbs 13)	25g	35g	50g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	581g	100g
Energy (kJ/kcal)	3628 / 867	625 / 149
Fat (g)	26.7	4.6
Sat. Fat (g)	12.3	2.1
Carbohydrate (g)	104.1	17.9
Sugars (g)	22.6	3.9
Protein (g)	49.5	8.5
Salt (g)	5.02	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

Halve, peel and chop the **shallot** into small pieces.

Halve the **pepper** and discard the core and seeds. Chop into 3cm chunks.

Peel and grate the **garlic** (or use a garlic press).

2



Fry the Beef

Heat a large frying pan on medium-high heat (no oil).

Once the pan is hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Once browned, add the **shallot** and **pepper** to the pan and continue to cook until the **veg** is slightly softened, 5 mins.

3



Spice Things Up

Stir the **garlic**, **Mexican style spice mix** (add less if you don't like heat) and **Worcester sauce** into the **beef**. Cook, stirring, for 1 min.

Add the **chopped tomatoes**, **red wine stock paste** and **water for the sauce** (see ingredients for amount). Season with **salt** and **pepper**. Stir to combine, then simmer until thickened, 10-12 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

4



Cheesy Crumb Time

While the **sauce** simmers, add the **penne** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

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

5



Assemble your Pasta Bake

Once the **pasta** is cooked, drain in a colander, then add to the **beef sauce**.

Mix together, then transfer to an ovenproof baking dish and sprinkle over the **cheesy crumb**.

Bake on the top shelf of your oven until the top is golden, 8-10 mins.

6



Serve

When ready, leave the **pasta bake** to stand for a couple of mins before serving, then share between your bowls.

Enjoy!