

Webfid00297hero cheesyyitalianbeef 100

Cheesy Italian Beef and Vegetable Pasta



30-40min



4 Portions

We love a pasta bake, and this cheat's version is perfect for the summer months - all it needs is a few minutes under the grill to give you that golden cheesy finish, and you're set! We've also added a few extra veggies, including a hidden layer of zucchini, for added nourishment. Enjoy!

What we send

- zucchini
- tomato paste
- mature cheddar ⁷
- parsley and 2 garlic cloves
- chopped tomatoes
- grass-fed beef mince
- carrot
- onion
- penne ¹

What you'll require

- olive oil
- salt and pepper

Utensils

- 2L baking dish
- grater
- Kettle
- large frypan
- large saucepan
- large sieve or colander

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If preferred, omit the parsley from the beef mixture and serve separately as an optional garnish.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

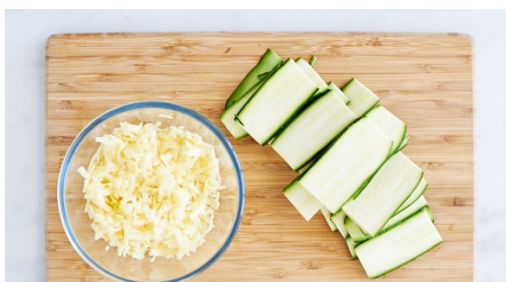
Nutrition per serving

Energy 700.0kcal, Fat 18.8g, Proteins 47.8g, Carbs 79.0g



1. Cook pasta

Bring a large saucepan of **salted water** to the boil for the pasta. Lightly grease a 2L (8 cup) capacity ovenproof dish. Cook 2/3 of the **pasta** in the boiling water for 9-10 mins until al dente (reserve remaining pasta for another use). Reserve 60ml (1/4 cup) of cooking liquid, then drain. Bring a full kettle of water to the boil.



4. Prepare ingredients

Season the beef mixture with **sea salt and pepper**. Reduce heat to low and simmer, covered, for 15 mins. Meanwhile, cut the **zucchini** in half, then cut into long thin slices. Coarsely grate the **cheese**.



2. Prepare ingredients

Meanwhile, finely chop the **garlic** and **onion**. Coarsely grate the **carrots**. Coarsely chop the **parsley** leaves and stems, reserving a few leaves to serve.



5. Cook zucchini

Preheat grill to high. Combine half the **pasta** and **sauce** in the prepared baking dish. Refill saucepan with boiling water. Add the **zucchini slices** to the pan and cook for 2 mins. Drain well. Using tongs, arrange zucchini slices. Toss remaining pasta through sauce and spoon over zucchini.



3. Cook sauce

Heat 1 tbs oil in a large frypan over medium heat. Cook the **onion, garlic** and **carrot** for 5 mins or until softened. Transfer mixture to a bowl. Add the **beef mince** to the pan and cook for 3-5 mins until browned. Add **tomato paste** and cook for a further 2 mins. Stir in the **tomatoes, carrot mixture, reserved cooking liquid** and **parsley** (see cooking tip).



6. Grill dish

Sprinkle over the **cheese** and place under the grill for 3-6 mins until cheese is bubbling and golden. Sprinkle over the reserved **parsley** and serve.