

DINNERLY



Tasty Beef and Kale Pasta with Parmesan



30-40 minutes



2 Servings

If you're looking for flavour to the max, here's your gig; peppery beef, kale and rich parmesan over a tangle of pasta. Not into pepper? No worries, just leave it out.

WHAT WE SEND

- 1 onion
- 2 chicken style stock cubes
- 200g kale
- beef mince
- 50g parmesan ⁷
- 250g linguine pasta ¹

WHAT YOU NEED

- garlic clove
- olive oil
- salt and pepper
- tomato paste
- water

TOOLS

- fine grater
- medium frypan
- medium saucepan

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

COOKING TIP

Families with kids - omit the black pepper or simply add just a pinch.

ALLERGENS

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

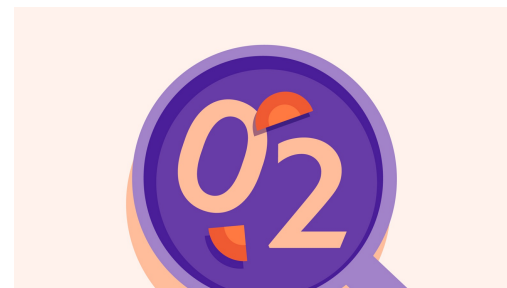
NUTRITION PER SERVING

Energy 810kcal, Fat 31.3g, Carbs 70.8g, Proteins 57.0g



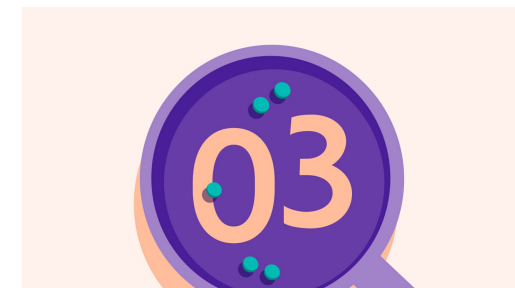
1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Finely chop the **onion**. Crush or finely chop **1 garlic clove**. Remove the centre stems from the **kale** and shred the leaves.



2. Cook pasta

Cook the **pasta** in the pan of boiling water for 10-12 mins until al dente. Drain and return the pasta to the pan. Meanwhile, crumble **1 stock cube** into a heatproof jug (the remaining stock cube won't be used in this dish). Add **250ml (1 cup) boiling water** and **1 tbs tomato paste** and stir to combine.



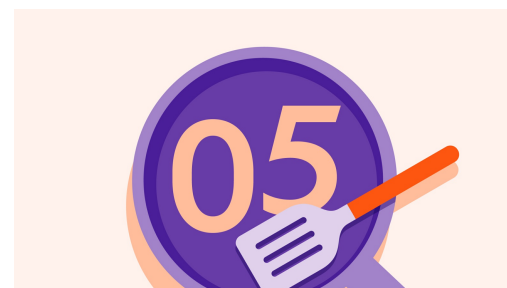
3. Brown beef

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion** and **garlic**, stirring, for 3-4 mins until soft. Add the **beef**, **½ tsp salt** and **1 tsp cracked black pepper** and cook, breaking up the mince with a wooden spoon, for 3-4 mins until browned.



4. Simmer sauce

Add the **stock**, reduce heat to medium-low and cook for 10 mins or until the sauce has thickened. Stir in the **kale** and cook, stirring occasionally, for 3 mins or until wilted.



5. Serve up

Meanwhile, finely grate the **parmesan**. Add the **beef mixture** and **half the parmesan** to the pasta, season with **salt and pepper** to taste and toss well to combine. Divide the **beef and kale pasta** among bowls and scatter with the **remaining parmesan** to serve.



6. Make it yours

Got any basil? Chop a handful and stir into the sauce with the stock. Or serve the pasta with an easy mixed salad of leaves, tomatoes and cucumber.