

DINNERLY



Tasty Beef and Kale Pasta with Parmesan



30-40 minutes



4 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

- 50g parmesan⁷
- beef mince
- 2 chicken style stock cubes
- 1 onion
- 400g kale
- 500g linguine pasta¹

WHAT YOU NEED

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

TOOLS

- fine grater
- large deep frypan
- large 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.

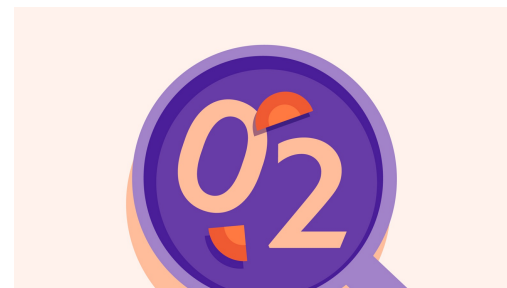
NUTRITION PER SERVING

Energy 760kcal, Fat 27.7g, Carbs 70.9g, Proteins 52.7g



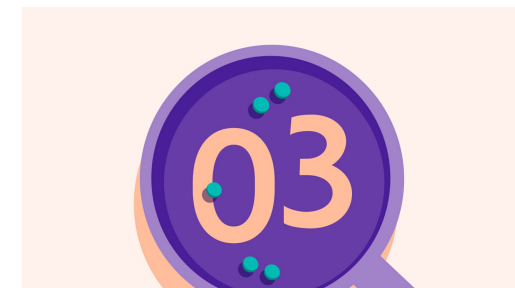
1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Finely chop the **onion**. Crush or finely chop **2 garlic cloves**. 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 **2 stock cubes** into a heatproof jug. Add **500ml (2 cups) boiling water** and **2 tbs tomato paste** and stir to combine.



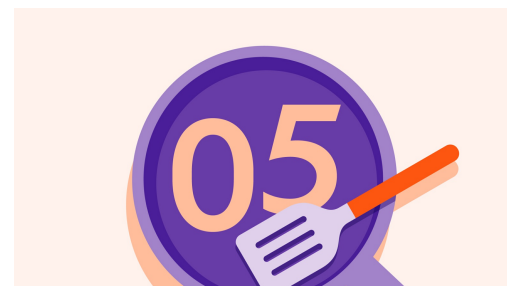
3. Brown beef

Heat **2 tbs olive oil** in a large deep frypan over medium heat. Cook the **onion** and **garlic**, stirring, for 3-4 mins until soft. Add the **beef**, **1 tsp salt** and **2 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.