

# DINNERLY



## Cheesy Beef and Pasta Bake with Peas



20-30 minutes



2 Servings

This steaming pasta bake filled with a meaty-tomatoey sauce and smothered in golden, gooey, grilled cheese is like getting a hug from grandma.

## WHAT WE SEND

- beef mince
- 200g small shell pasta <sup>1</sup>
- 5g cumin and coriander spice blend
- 390g diced tomatoes
- 150g peas
- 100g cheddar <sup>7</sup>

## WHAT YOU NEED

- olive oil
- salt and pepper
- tomato paste

## TOOLS

- baking dish
- box grater
- medium frypan
- medium saucepan

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

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 985kcal, Fat 40.2g, Carbs 83.1g, Proteins 65.6g



### 1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Crush or finely chop **2 garlic cloves**. Coarsely grate the **cheese**.



### 2. Cook pasta

Cook the **pasta** for 6 mins, then add the **peas** and cook for a further 2 mins or until the pasta is al dente. Drain, reserving **80ml (1/3 cup) cooking water**. Return the pasta and peas to the pan, cool slightly, then season with **salt and pepper** and toss in **half the grated cheese**.



### 3. Brown mince

Meanwhile, preheat the oven grill to medium-high. Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **garlic** and **mince**, breaking up the lumps with a wooden spoon, for 4-5 mins until browned.



### 4. Simmer sauce

Add **2 tsp cumin and coriander spice blend** and **2 tbs tomato paste** and cook for 1 min. Add the **tomatoes** and **reserved cooking water**, bring to the boil, then reduce the heat to medium-low and cook for 10 mins or until thickened. Season well with **salt and pepper**.



### 5. Grill and serve up

Lightly grease a 1L (4 cup) baking dish, place **half the pasta mixture** in the base and pour over **half the sauce**. Repeat with the **remaining pasta** and **sauce**, then scatter with the **remaining cheese**. Cook under the grill for 5 mins or until cheese is golden and melted.



### 6. Make it yours

Looking for a painless way to get your family to eat more vegetables? 'Hide' them by adding pureed veggies, such as zucchini or spinach to the sauce. They will never know they are eating so healthy.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

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 **Packed in Australia from at least 35% Australian ingredients**