



# Mexican Style Beef Pasta Bake

with a Cheesy Crumb Topping

**Classic** 45 Minutes • Little Spice • 3 of your 5 a day

N° 2



Onion



Courgette



Carrot



Garlic Clove



Beef Mince



Mexican Spice



Chopped Tomatoes



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!

## Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Baking Dish, Plate.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Courgette**	1	2	2
Carrot**	1	1	2
Garlic Clove	2	3	4
Beef Mince**	240g	360g	480g
Mexican Spice	1 small sachet	1 large sachet	2 small sachets
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Penne Pasta <b>13)</b>	180g	270g	360g
Panko Breadcrumbs <b>13)</b>	25g	37.5g	50g
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	60g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	691g	100g
Energy (kJ/kcal)	3746/895	542/130
Fat (g)	26	4
Sat. Fat (g)	12	2
Carbohydrate (g)	111	16
Sugars (g)	30	4
Protein (g)	51	7
Salt (g)	4.41	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **8)** Egg **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Get Started

Heat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the pasta. Halve, peel and chop the **onion** into small pieces. Trim the **courgette**, halve lengthways and chop into 2cm wide strips. Then chop into 2cm chunks. Coarsely grate the **carrot** (no need to peel). Peel and grate the **garlic** (or use a garlic press).



## Crumb Time

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



## Get Cooking

Heat a drizzle of **oil** in a large deep frying pan on high heat. When the oil is hot, add the **beef mince** and cook until browned, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. Add the **onion**, **carrot** and **courgette** and continue to cook until the veggies are slightly softened, 5 mins.



## Assemble

Once the **pasta** is cooked, drain well and mix with the **Mexican beef**. Transfer to a baking dish, sprinkle over the **cheesy breadcrumbs** and bake on the top shelf of your oven until golden brown on top, 8-10 mins.



## Simmer

Add the **garlic** and **Mexican spice**. **TIP:** Add less if you don't like heat. Cook, stirring, for 1 minute. Add the **chopped tomatoes**, **red wine stock paste** and **water** (see ingredients for amount). Season with **salt** and **pepper**, stir well to dissolve the **stock pot** and simmer until thick and tomatoey, 10-12 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle. While the **sauce** simmers, add the **penne** to the pan of boiling **water** and cook for 12 mins.



## Serve

Leave the **pasta** bake to stand for a couple of minutes then divide between plates.

## Enjoy!