

for the
little ones

CReamy Beef Pasta

 25 Minutes 2 Servings Beef

A creamy garlic sauce with beef mince tossed through pasta for a comforting family favourite.

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FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1
CARROT	1
GARLIC CLOVE	1
SHORT PASTA	1 packet
SLICED MUSHROOMS	200g
TOMATO PASTE	1 sachet
SOUR CREAM	1 tub
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground or smoked paprika, soy sauce

COOKING TOOLS

large frypan, saucepan

Make meatballs and serve them in the creamy sauce. This dish works well with rice too!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta.



1. BROWN the Beef

Bring a saucepan of water to a boil (for the pasta).

Heat a large frypan over high heat. Add **mince** and cook for 5 minutes while breaking up lumps.

tip Add a little oil if needed!



2. ADD the Vegetables

In the meantime, peel and dice **onion** and **carrot**, and crush **garlic**. Add to frypan and season with **2 tsp paprika, salt and pepper**.

tip Grate carrot if preferred, or serve it fresh cut into sticks.



3. COOK the Pasta

Add **1/2 packet pasta** to boiling water and cook according to the packet instructions or until cooked al dente. Drain, see step 5.

tip Cook all of the pasta for great leftovers! Stir a few times to ensure the pasta doesn't stick together.



4. SIMMER the Sauce

Add **sliced mushrooms** and **tomato paste** to the frypan, cook for 2 minutes. Stir in **sour cream, 1 tub water** and **2 tbsp soy sauce**. Cook, covered, for 5 minutes.

tip You can use Worcestershire sauce for a more authentic flavour.



5. TOSS Pasta & Sauce

Toss drained pasta into sauce and combine well. Adjust seasoning with **salt and pepper** to taste (if needed).

tip Toss pasta with some butter or olive oil and serve the sauce separately if it suits your family better.



6. FINISH AND SERVE

Chop **parsley** and sprinkle on top of the pasta. Serve at the table.