

**Product Spotlight:
Rosemary**

Rosemary stalks can come in various lengths! Chop the leaves to taste for this dish. You can use any leftovers to flavour olive oil or butter!



Caramelised Onion and Beef Pasta

Sweet caramelised onion, mushroom and beef cooked in rich tomato sauce tossed through pasta, finished with parmesan cheese and served with fresh leafy salad.



30 minutes



4/6 servings



Beef

Sneak in some veg!

*You can grate and add a zucchini or carrot into the sauce if you want more veggies!
Finely slice some spinach and stir through at the end until wilted.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	60g	25g	45g/51g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	500g
BROWN ONIONS	2	2
BEEF MINCE	600g	600g + 300g
MUSHROOMS	300g	300g + 150g
ROSEMARY SPRIG	2	2
TINNED CHOPPED TOMATOES	400g	2 x 400g
SHAVED PARMESAN CHEESE	1 packet	1 packet
MESCLUN LEAVES	120g	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, balsamic vinegar, sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

You can dress the leaves with salad dressing of choice. To make a quick vinaigrette, whisk together 1 tbsp vinegar and 2 tbsp olive oil. You can also toss through 1/2 bag parmesan.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Drain **pasta** (see step 5).



2. CAMELISE THE ONION

Heat a frypan over medium-high heat. Slice **onions** and add to pan as you go along with **2 tbsp oil** and **20g butter**. Cook for 6–8 minutes until starting to caramelize. Stir in **1 tbsp balsamic vinegar** and **2 tsp sugar**.



3. COOK THE BEEF

Add **beef mince** to pan. Slice **mushrooms** and chop **rosemary leaves** (reserve 1/2 for garnish). Add to pan and cook for 5 minutes, breaking up **mince** as you go. Season with **salt and pepper**.



4. SIMMER THE SAUCE

Stir in **chopped tomatoes**. Cover and simmer for 5 minutes.



5. TOSS THE PASTA

Toss cooked **pasta** through the sauce until well combined (add water to loosen if needed). Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Garnish **pasta** with **parmesan cheese** and reserved **rosemary** to taste. Serve at the table with **mesclun leaves** on the side (see notes).

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