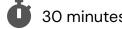






# Basil, Beef and Pumpkin Pasta

Tender short pasta combined with beef mince and butternut pumpkin, with fresh tomato and aromatic basil







#### FROM YOUR BOX

SHORT PASTA	500g
BUTTERNUT PUMPKIN	1
BROWN ONION	1
BEEF MINCE	300g
ТОМАТО	1
BASIL	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano

#### **NOTES**

We recommend using 1/2 packet pasta and 1/2 pumpkin for 2 serves. You can use all the pasta and pumpkin to make extra serves if preferred.

If you need more room in the frypan to cook the beef, transfer the pumpkin to a plate first. Return to pan after the beef is sealed.

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 <u>1/2 packet pasta</u> and cook according to packet instructions or until al dente. Reserve <u>1/2 cup of pasta water</u> before draining. Set aside.



Toss the drained pasta with a splash of olive oil to prevent sticking.

# 2. SAUTÉ THE VEGETABLES

Dice **pumpkin** (use to taste) and **onion**. Heat a frypan over medium-high heat with **oil**. Add the diced **pumpkin** and **onion**, along with **1 tsp of dried oregano** (or fresh rosemary if preferred). Sauté for 5–7 minutes, until the **vegetables** are softened.



For added flavour, you can add a pinch of chilli flakes for a mild kick.

## 3. ADD BEEF AND SIMMER

Add **beef** to pan and cook until browned and sealed (see notes). Season with **salt and pepper**. Dice and add **tomato**. Stir in **1/4 cup water**. Cover with a lid, and let simmer for about 10 minutes, or until **pumpkin** is tender.



You can add crushed garlic, stock paste or crumbled stock cube for extra flavour.

## 4. FINISH AND SERVE

Add **reserved pasta water** to the **sauce** and stir until **pumpkin** breaks down slightly, coating the **pasta**. Slice **basil leaves** and toss through. Season to taste with **salt and pepper**.



Stir cream or sour cream before serving for a rich finish. Parmesan cheese or ricotta can also be added for creaminess and flavour.

This recipe has simplified instructions to help lower your meal cost.