



Basil, Beef and Pumpkin Pasta

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



30 minutes



4 servings



Beef

FROM YOUR BOX

SHORT PASTA	500g
BUTTERNUT PUMPKIN	1
BROWN ONION	1
BEEF MINCE	600g
TOMATOES	2
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano

NOTES

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.

1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Reserve **1 cup of pasta water** before draining. Set aside.

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

2. SAUTÉ THE VEGETABLES

Dice **pumpkin** and **onion**. Heat a frypan over medium-high heat with **oil**. Add the diced pumpkin and onion, along with **2 tsp of dried oregano** (or fresh rosemary if preferred). Sauté for 5–7 minutes, until the vegetables are softened.

TIP *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 **tomatoes**. Stir in **1/4 cup water**. Cover with a lid, and let simmer for about 10 minutes, or until pumpkin is tender.

TIP *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**.

TIP *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.