



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Basil, Beef and Pumpkin Pasta

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



30 minutes



4/6 servings



Beef

## FROM YOUR BOX

|                   | 4 PERSON | 6 PERSON    |
|-------------------|----------|-------------|
| SHORT PASTA       | 500g     | 500g        |
| BUTTERNUT PUMPKIN | 1        | 1           |
| BROWN ONION       | 1        | 2           |
| BEEF MINCE        | 600g     | 600g + 300g |
| TOMATOES          | 2        | 4           |
| BASIL             | 20g      | 60g         |

## 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.

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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. 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 **2-3 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.**