

X2



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Creamy Beef and Bowtie Pasta

A hearty, family-friendly pasta dish with a rich and creamy tomato-based beef sauce, tossed with tender bowtie pasta for a comforting meal.



30 minutes



2 servings



Beef

## FROM YOUR BOX

SHORT PASTA	500g
BROWN ONION	1
GARLIC CLOVE	1
CARROT	1
TOMATO	1
BEEF MINCE	300g
SOUR CREAM	1 tub

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground paprika, soy sauce

## NOTES

You can switch up the flavour of this dish by changing the spices. Try smoked paprika, ground cumin and dried thyme for a creamy cajun pasta or use a mild curry powder for a curry style sauce.

**No gluten option – pasta is replaced with GF pasta.**

## 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Reserve **1/4 cup cooking water** before draining. Set aside.

## 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with **oil**. Dice and add **onion, garlic,** and **carrot**. Stir in **2 tsp paprika** and cook for 3–4 minutes until softened (see notes). Dice and stir in **tomato**.

**TIP** *Add diced celery, capsicum or mushrooms if you have any for extra veggies.*

## 3. COOK THE BEEF

Increase heat to medium-high and add **beef mince**. Cook for 8–10 minutes, breaking it up as you go. Stir in **1–2 tbsp soy sauce, sour cream** and **reserved cooking water** until well combined.

**TIP** *You can use Worcestershire sauce instead of soy sauce for a savoury flavour.*

## 4. FINISH AND SERVE

Add the cooked pasta to the sauce and toss until well coated. Season with **salt and pepper** to taste. Divide among bowls and serve.

**TIP** *Garnish with chopped parsley, dried oregano, or a sprinkle of grated cheese if you have some.*

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