



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



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	500g
BROWN ONION	1	1
GARLIC CLOVES	2	3
CARROT	1	2
TOMATOES	2	3
BEEF MINCE	600g	600g + 300g
SOUR CREAM	1 tub	2 tubs

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.

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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 **1/2 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 **2–3 tsp paprika** and cook for 3–4 minutes until softened (see notes). Dice and stir in **tomatoes**

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 **2–3 tbsp soy sauce, sour cream** and **reserved cooking water** until well combined.

6P – stir in 3–4 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.