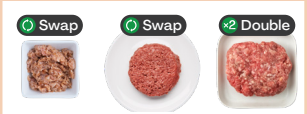




Easy Creamy Beef Fusilli

with Mushrooms and Peas

Family Friendly 20-30 Minutes



Mild Italian Sausage, uncased 250 g | 500 g
Beyond Meat® 2 | 4
Ground Beef 500 g | 1000 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)



- Fusilli
170 g | 340 g
- Ground Beef
250 g | 500 g
- Yellow Onion, chopped
56 g | 113 g
- Beef Broth Concentrate
1 | 2
- Garlic Puree
1 tbsp | 2 tbsp
- Cream Cheese
1 | 2
- Mushrooms
227 g | 454 g
- Soy Sauce
1 tbsp | 2 tbsp
- Green Peas
56 g | 113 g
- Cream Sauce Spice Blend
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper, milk

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, slotted spoon

1



Boil pasta

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **fusilli** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 9-11 min.
 - Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **fusilli** to the same pot, off heat.

4



Make sauce

- Add **cream cheese**, **broth concentrate**, **garlic**, **¼ cup** (½ cup) **milk** and **reserved pasta water**. Cook, stirring often, until slightly thickened, 2-3 min. Season with **salt** and **pepper**.

2



Prep and start sauce

- 🔄 Swap | **Mild Italian Sausage**
- 🔄 Swap | **Beyond Meat®**
- ×2 Double | **Ground Beef**

- Thinly slice **mushrooms**.
- Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **beef** and **soy sauce**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt** and **pepper**.
- Using a slotted spoon, transfer **beef** to a bowl.

5



Finish and serve

- Add **beef mixture** to the pot with **noodles**. Stir to combine.
- Divide **creamy beef fusilli** between bowls.

3



Cook veggies

- Add **mushrooms**, **peas**, **onions** and **garlic** to the same pan. Cook, stirring occasionally, until softened, 3-4 min. Season with **salt** and **pepper**.
- Reduce heat to medium.
- Return **beef** to the pan. Stir to combine.
- Sprinkle over **Cream Sauce Spice Blend**. Cook, stirring often, until **veggies** and **beef** are coated, 1 min.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep and start sauce

🔄 Swap | **Mild Italian Sausage**

If you've opted to get **sausage**, cook it in the same way the recipe instructs you to cook the **beef**.******

2 | Prep and start sauce

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook and plate it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.******

2 | Prep and start sauce

×2 Double | **Ground Beef**

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

****** Cook to a minimum internal temperature of 74°C/165°F.