



# Cheesy Hamburger Fusilli

with Oven-Steamed Cheddar Broccoli

Family Friendly

30-40 Minutes



Ground Beef



Fusilli



Broccoli, florets



Yellow Onion



Cheddar Cheese, shredded



Cream Sauce Spice Blend



Tomato Sauce Base



Garlic Salt



Beef Broth Concentrate



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HELLO CHEDDAR CHEESE

*Earthy, slightly sharp and the perfect flavour enhancer for many recipes!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, aluminum foil, parchment paper, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Fusilli	170 g	340 g
Broccoli, florets	227 g	454 g
Yellow Onion	56 g	113 g
Cheddar Cheese, shredded	1 cup	2 cups
Cream Sauce Spice Blend	2 tbsp	4 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Beef Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*

## Contact

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### Cook fusilli

- 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.
- Add **fusilli** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 9-11 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and return **fusilli** to the same pot, off heat.



### Make sauce

- Add **1 tbsp butter** (dbl for 4 ppl) to the pan with **beef**, then stir until melted, 30 sec.
- Sprinkle **Cream Sauce Spice Blend** over **beef mixture**, then stir to coat, 30 sec.
- Add **1 cup water** (dbl for 4 ppl), **broth concentrate** and **tomato sauce base**. Bring to a simmer and cook, stirring occasionally, until **sauce** thickens slightly, 1 min.



### Prep and cook broccoli

- Cut **any large broccoli florets** into bite-sized pieces.
- Add **broccoli**, **1 tbsp oil** and **2 tbsp water** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **half the garlic salt** and **pepper**, then toss to coat.
- Wrap baking sheet tightly with aluminum foil, then roast in the **middle** of the oven until **broccoli** is tender, 12-14 min.
- Meanwhile, peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



### Finish cheddar broccoli

- Once **broccoli** is tender, remove the foil, then push **broccoli** to the centre of the baking sheet.
- Sprinkle **half the cheese** over top.
- Return **broccoli** to the **middle** of the oven. Roast until **cheese** is melts, 1-2 min.



### Cook beef

- Heat a large non-stick pan over medium-high heat (high heat for 4 ppl).
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**, **onions** and **remaining garlic salt**. Season with **pepper**.
- Cook, breaking up **beef** into smaller pieces, until lightly-browned and cooked through, 5-6 min. \*\*



### Finish and serve

- Add **beef mixture** and **remaining cheese** to the pot with **fusilli**, then toss to combine. (TIP: For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired.)
- Divide **cheesy hamburger fusilli** and **cheddar broccoli** between plates.

## Dinner Solved!