



# One Pot Beef and Pork Penne






## with 'Hidden' Zucchini and Carrots

Family Friendly 25 - 35 Minutes

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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)



 	 
Mild Italian Sausage, uncased 250 g   500 g	Beyond Meat® 2   4
	
Ground Beef and Pork Mix 250 g   500 g	Penne 170 g   340 g
	
Zucchini 1   2	Carrot 1   2
	
Onion, chopped 56 g   113 g	Parmesan Cheese, shredded ½ cup   1 cup
	
Gravy Spice Blend 2 tbsp   4 tbsp	Tomato Sauce Base 4 tbsp   8 tbsp
	
Garlic Salt 1 tsp   2 tsp	Beef Stock Powder 1 tbsp   2 tbsp
	
Roasted Pepper Pesto ¼ cup   ½ cup	

**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, unsalted butter, salt, pepper

**Cooking utensils** | Vegetable Peeler, Measuring Spoons, Box Grater, Measuring Cups, Large Pot

1



## Prep

- Before starting, wash and dry all produce
- Using a box grater, coarsely grate **zucchini**.
- Peel, then coarsely grate **carrot**.

2



## Cook meat and veggies

Swap | **Mild Italian Sausage**

Swap | **Beyond Meat®**

- Heat a large pot over medium-high heat (high heat for 4 ppl).
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **meat**. Break up **meat** into smaller pieces, then add **onions, carrots** and **zucchini**.
- Cook, stirring occasionally, until **veggies** are tender and no pink remains in **beef**, 4-5 min.\*\*

3



## Make sauce base

- Add **tomato sauce base, Gravy Spice Blend** and **garlic salt**. Stir to combine.
- While stirring, gradually add **3 ½ cups** (5 ½ cups) **water, roasted pepper pesto** and **stock powder**. Bring to a boil over high.

4



## Cook penne

- Once boiling, stir in **penne** and reduce heat to medium.
- Simmer uncovered, stirring often to prevent sticking to the pot, until **penne** is tender, 14-16 min. (**TIP:** If penne sticks too much, add more water, ¼ cup at a time. Scrape up any pieces stuck to the bottom of the pot.)

5



## Finish and serve

- Add **half the cheese** and **1 tbsp** (2 tbsp) **butter** to the pot with **penne**. Season with **salt** and **pepper**, then stir until **butter** melts.
- Divide between bowls.
- Sprinkle **remaining cheese** over top.

Measurements  
within steps

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

2 | Cook

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 and pork mix**\*\*

2 | Cook

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it same way the recipe instructs you to cook the **beef and pork mix**\*\*

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



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