



Stovetop Pastitsio-Inspired Fusilli

with Greek-Style 'Bechamel' Sauce

Family Friendly

30-40 Minutes



Ground Beef

Ground Turkey



Crushed Tomatoes



Garlic Salt



Beef Broth Concentrate



Turkish Spice Blend



Baby Spinach



Feta Cheese, crumbled



Cream Cheese



Fusilli



Parsley



Yellow Onion

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, small pot, measuring cups, whisk, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Crushed Tomatoes	370 ml	796 ml
Garlic Salt	1 tsp	2 tsp
Beef Broth Concentrate	1	2
Turkish Spice Blend	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Cream Cheese	43 g	86 g
Fusilli	170 g	340 g
Parsley	7 g	14 g
Yellow Onion	113 g	226 g
Sugar*	½ tsp	1 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	3 tbsp	6 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

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Cook fusilli and prep

- 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.
- Meanwhile, roughly chop **parsley**.
- Peel, then cut **onion** into ¼-inch pieces.
- Add **fusilli** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 9-11 min.
- Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **fusilli** to the same pot, off heat.



Make 'bechamel' sauce

- Meanwhile, add **cream cheese**, **3 tbsp milk** and **3 tbsp feta** (dbl both for 4 ppl) to a small pot.
- Heat over medium. Cook, whisking often, until **sauce** is mostly smooth and warmed through, 2-3 min.
- Add **1 tbsp butter** (dbl for 4 ppl), then season with **salt** and **pepper**, to taste. Whisk until **butter** melts.
- Remove the pot from heat.



Cook beef

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- Add **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Season with **Turkish Spice Blend**, **garlic salt** and **pepper**. Cook, stirring often, until fragrant, 30 sec.

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



Finish fusilli

- Add **meat sauce** to the pot with **fusilli**. Return the pot to medium-high, then bring to a simmer.
- Once simmering, add **spinach**, **reserved pasta water**, **half the parsley** and **1 tbsp butter** (dbl for 4 ppl). Cook, stirring often, until **spinach** wilts and **sauce** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.



Cook meat sauce

- Reduce heat to medium-low.
- Add **crushed tomatoes**, **broth concentrate** and **½ tsp sugar** (dbl for 4 ppl) to the pan with **beef**. Cook, stirring occasionally, until **sauce** thickens slightly, 4-6 min.



Finish and serve

- Divide **fusilli** between plates.
- Spoon **'bechamel' sauce** over top, then sprinkle with **remaining parsley** and **remaining feta**.

Dinner Solved!