



Stovetop Pastitsio-Inspired Fusilli

with No-Fuss Greek-Style 'Bechamel' Sauce

Family Friendly 30 Minutes



Ground Beef



Crushed Tomatoes



Garlic Salt



Beef Broth Concentrate



Pumpkin Pie Spice



Baby Spinach



Feta Cheese, crumbled



Cream Cheese



Fusilli



Parsley



Yellow Onion

HELLO PUMPKIN PIE SPICE

A blend of cinnamon, ginger, nutmeg, allspice and cloves lends a Greek twist!

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
Crushed Tomatoes	370 ml	796 ml
Garlic Salt	1 tsp	2 tsp
Beef Broth Concentrate	1	2
Pumpkin Pie Spice	½ tsp	1 tsp
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
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	¼ cup	½ cup
Sugar*	½ tsp	1 tsp
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 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**, **¼ cup milk** (dbl for 4 ppl) and **feta** to a small pot. Heat over medium heat. Cook, whisking often, until **sauce** comes to a simmer. Once simmering, continue whisking until **sauce** is mostly smooth, 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 **half the Pumpkin Pie Spice** (use all for 4 ppl), **garlic salt** and **pepper**. Cook, stirring often, until fragrant, 30 sec.



Finish fusilli

Add **meat sauce** to the pot with **fusilli**. Return the pot to medium-high. 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 sauce

Reduce heat to medium-low. Add **crushed tomatoes**, **broth concentrate** and **½ tsp sugar** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** thickens slightly, 4-5 min.



Finish and serve

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

Dinner Solved!