



# Beef and Mushroom Spaghetti with Balsamic-Glazed Tomatoes

30 Minutes

Customized Protein **+** Add **↻** Swap or **\*2** Double

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<b>↻</b> Swap	<b>↻</b> Swap
Mild Italian Sausage (uncased) 250 g   500 g	Beyond Meat® 2   4



Ground Beef 250 g   500 g	Spaghetti 170 g   340 g
Mushrooms 113 g   227 g	Baby Spinach 28 g   56 g
Crushed Tomatoes with Garlic and Onion 1   2	Parmesan Cheese, shredded ¼ cup   ½ cup
Balsamic Glaze 2 tbsp   4 tbsp	Italian Seasoning ½ tbsp   1 tbsp
Baby Tomatoes 113 g   227 g	

**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 | Pepper, salt, oil

Cooking utensils | Large pot, measuring cups, measuring spoons, large non-stick pan, colander, aluminum foil, baking sheet

1



## Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- 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, thinly slice **mushrooms**.
- Roughly chop **spinach**.

2



## Cook beef and mushrooms

Swap | Mild Italian Sausage (uncased)

Swap | Beyond Meat®

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **beef**. Break up **beef** into smaller pieces, then add **mushrooms**. Cook, stirring occasionally, until no pink remains in **beef**, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Season with **half the Italian Seasoning** (use all for 4 ppl), **salt** and **pepper**. Cook, stirring often, until fragrant, 1 min.

3



## Cook spaghetti

- Meanwhile, add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **spaghetti** to the same pot, off heat.

4



## Make sauce

- Meanwhile, add **crushed tomatoes** and **half the balsamic glaze** to the pan with **beef** and **mushrooms**. Reduce heat to medium and cook, stirring occasionally, until **sauce** thickens slightly, 6-8 min.
- Add **spinach**. Stir until wilted, 1-2 min.
- Remove the pan from heat.

5



## Broil tomatoes

- Meanwhile, add **tomatoes** and **½ tbsp** (1 tbsp) **oil** to a foiled-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Broil in the **middle** of the oven until **tomatoes** burst, 5-6 min.
- Remove the baking sheet from the oven. Drizzle **remaining balsamic glaze** over **tomatoes**, then toss to coat.

6



## Finish and serve

- Add **sauce** and **reserved pasta water** to the pot with **spaghetti**. Season with **salt** and **pepper**, then toss to combine.
- Divide **beef and mushroom spaghetti** between bowls.
- Top with **tomatoes and any balsamic glaze** from the baking sheet.
- Sprinkle **Parmesan** over top.

Measurements  
within steps

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

## 2 | Cook sausage and mushrooms

Swap | Mild Italian Sausage (uncased)

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

## 2 | Cook Beyond Meat® and mushrooms

Swap | Beyond Meat®

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

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