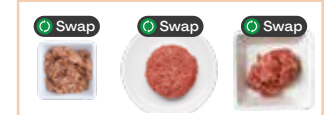




Beef and Spinach Rigatoni

with Chili Flakes

25 Minutes



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

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 Turkey 250 g | 500 g



Ground Beef
250 g | 500 g



Rigatoni
170 g | 340 g



White Cheddar Cheese, shredded
½ cup | 1 cup



Chili Flakes
1 tsp | 2 tsp



Italian Seasoning
1 tbsp | 1 tbsp



Crushed Tomatoes with Garlic and Onion
1 | 2



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Baby Spinach
56 g | 113 g



Parmesan Cheese, shredded
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, salt, pepper

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



Cook rigatoni

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use the same for 4 ppl).
- Cover and bring to a boil over high heat. Wash and dry all produce.

- Add **rigatoni** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve $\frac{1}{2}$ **cup** (1 cup) **pasta water**, then drain and return **rigatoni** to the same pot, off heat.

4



Start sauce

Swap | **Beyond Meat®**

- When **beef** is done, carefully drain and discard excess fat.
- Reduce heat to medium. Sprinkle **Cream Sauce Spice Blend** over top. Cook, stirring often, until fragrant, 1 min.

2



Prep

- Roughly chop **spinach**.

5



Finish sauce

- Add **crushed tomatoes**, **reserved pasta water** and **half the Parmesan** to the pan with **beef**.
- Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.

3



Cook beef

Swap | **Mild Italian Sausage**

Swap | **Beyond Meat®**

Swap | **Ground Turkey**

- Heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **beef** and **half the Italian Seasoning** (use all for 4 ppl).
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 5-6 min.**
- Season with **salt** and **pepper**.

6



Finish and serve

- Add **sauce** and **spinach** to the pot with **rigatoni**. Season with **salt** and **pepper**, then stir to combine.
- Divide **beef and spinach rigatoni** between bowls.
- Sprinkle **cheese** and **remaining Parmesan** over top.
- Sprinkle **chili flakes** over top, if desired.

Measurements
within steps

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

3 | Cook sausage

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****.

3 | Cook Beyond Meat®

Swap | **Beyond Meat®**

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

3 | Cook turkey

Swap | **Ground Turkey**

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

4 | Start sauce

Swap | **Beyond Meat®**

Disregard instructions to drain excess fat.

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