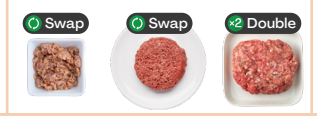




Beef and Roasted Red Pepper Ragu with Spaghetti

Family Friendly 20-30 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 Beef 500 g | 1000 g



- Ground Beef
250 g | 500 g
- Sweet Bell Pepper
1 | 2
- Italian Seasoning
1 tbsp | 2 tbsp
- Crushed Tomatoes
1 | 2
- Spaghetti
170 g | 340 g
- Parmesan Cheese, shredded
1/4 cup | 1/2 cup
- Chili Flakes
1 tsp | 2 tsp
- Beef Broth Concentrate
1 | 2
- Tomato Sauce Base
2 tbsp | 4 tbsp
- Garlic Salt
1 tsp | 1 tsp

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 | Salt, sugar, oil, pepper

Cooking utensils | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



Cook spaghetti

- Before starting, preheat the oven to 450°F.
- 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.
- Add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return **spaghetti** to the same pot, off heat.

4



Make sauce

- Add **tomato sauce base** and **Italian Seasoning** to the pan. Cook, stirring often, until fragrant, 1 min.
- Add **crushed tomatoes**, **broth concentrate** and **¼ tsp (½ tsp) sugar**.
- Reduce heat to medium-low.
- Add **roasted red peppers**. Cook, stirring occasionally, until **sauce** thickens slightly, 5-6 min. Season with **¼ tsp (½ tsp) garlic salt** and **pepper**.

2



Prep and roast peppers

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Add **peppers** and **½ tbsp (1 tbsp) oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 14-15 min.

5



Finish and serve

- Add **sauce** to the pot with **spaghetti**. Season with **salt** and **pepper**, then toss to coat.
- Divide **roasted red pepper beef ragu** and **spaghetti** between bowls.
- Sprinkle **Parmesan** over top.
- Sprinkle with **chili flakes**, if desired.

3



Cook beef

🔄 Swap | **Mild Italian Sausage**

🔄 Swap | **Beyond Meat®**

×2 Double | **Ground Beef**

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **beef** to the dry pan.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ******
- Carefully drain and discard excess fat.
- Season with **¼ tsp (½ tsp) garlic salt** and **pepper**.

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 it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min. ****** Disregard instructions to drain excess fat.

3 | Cook beef

×2 Double | **Ground Beef**

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

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