









# Saucy Beef Ragù<sup>1</sup> with Olive Tapenade

20 Minutes

 Swap	 Swap	 Swap
		
Mild Italian Sausage, uncased 250 g   500 g	Beyond Meat® 2   4	Ground Turkey 250 g   500 g

↗ 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)



	
Ground Beef 250 g   500 g	Penne 170 g   340 g
	
Tomato 2   4	Crushed Tomatoes with Garlic and Onion 1   2
	
Mixed Olives 30 g   60 g	Beef Broth Concentrate 1   2
	
Zesty Garlic Blend 1 tbsp   2 tbsp	Parmesan Cheese, shredded ½ cup   1 cup
	
Chili Flakes 1 tsp   2 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** | Pepper, oil, salt, unsalted butter, sugar

**Cooking utensils** | Large non-stick pan, large pot, measuring cups, measuring spoons, small bowl, strainer

1



### Cook beef

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

Swap | [Beyond Meat®](#)

Swap | [Ground Turkey](#)

Swap | [Mild Italian Sausage](#)

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Season with **salt**, **pepper** and **Zesty Garlic Blend**.

4



### Make olive tapenade

- Meanwhile, cut **tomatoes** into ¼-inch pieces.
- Drain, then finely chop **olives**.
- Add **tomatoes**, **olives** and ½ **tbsp** (1 **tbsp**) **oil** to a small bowl. (**TIP:** We love using extra virgin olive oil in this tapenade!)
- Season with **salt** and **pepper**, then stir to combine.

2



### Cook penne

- While **beef** cooks, add **penne** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 10-12 min.

3



### Cook sauce

- Add **broth concentrate**, **crushed tomatoes**, **1 tbsp** (2 **tbsp**) **butter** and ½ **tsp** (1 **tsp**) **sugar** to the pan with **beef**.
- Reduce heat to medium.
- Simmer, stirring occasionally, until **sauce** starts to thicken, 6-8 min. Season with **salt** and **pepper**.

5



### Assemble ragù<sup>1</sup>

- When **penne** is tender, reserve ¼ **cup** (½ **cup**) **pasta water**.
- Strain **penne**, then return to the same pot, off heat.
- Add **sauce**, **half the Parmesan** and **reserved pasta water** to the pot.
- Season with **salt** and **pepper**, then toss to combine.

6



### Finish and serve

- Divide **beef ragù** between bowls, then top with **olive tapenade**.
- Sprinkle **remaining Parmesan** over top.
- Sprinkle **chili flakes** over top, if desired.

Measurements  
within steps

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

## 1 | 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.

## 1 | 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**.\*\* Disregard instructions to drain excess fat.

## 2 | 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**.\*\*

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