










# Rose Chicken Bolognese

## with Cheesy Garlic Toast

Family Friendly 20 - 30 Minutes

 Swap	 Swap	 Double
		
Ground Beef 250 g   500 g	Beyond Meat® 2   4	Ground Chicken* 500 g   1000 g

 Customized Protein  Add  Swap or  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 Chicken* 250 g   500 g	Crushed Tomatoes with Garlic and Onion 1   2
	
Mirepoix 113 g   227 g	Spaghetti 170 g   340 g
	
Parmesan Cheese, shredded 1/4 cup   1/2 cup	Chicken Broth Concentrate 1   2
	
Balsamic Glaze 2 tbsp   4 tbsp	Ciabatta Roll 1   2
	
Cream 56 ml   113 ml	Baby Spinach 28 g   56 g
	
Garlic, cloves 3   6	

**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** | Unsalted Butter, pepper, oil, salt

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

1



### Cook chicken

- Before starting, remove 3 tbsp (6 tbsp) butter from the fridge and set aside to come up to room temperature.
- Preheat the oven to 450°F.
- 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.
- Wash and dry all produce.

🔄 Swap | Ground Beef

🔄 Swap | Beyond Meat®

✖2 Double | Ground Chicken

- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min. \*\* Season with **salt** and **pepper**.
- While **chicken** cooks, peel, then mince or grate **garlic**.

4



### Finish sauce

- Add **crushed tomatoes**, **cream**, **broth concentrate** and **balsamic glaze**. Season with **salt** and **pepper**. Bring to a boil over high.
- Once boiling, reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens slightly, 4-6 min. Remove the pan from heat. Add **1 tbsp** (2 tbsp) **butter** and **spinach**. Stir until **spinach** wilts, 1-2 min.

2



### Cook spaghetti

- 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.

3



### Start sauce

- While **spaghetti** cooks, add **mirepoix**, **half the garlic** and **1 tbsp** (2 tbsp) **butter** to the pan with **chicken**. Cook, stirring often, until **mirepoix** softens slightly, 2-3 min.

5



### Make cheesy garlic toast

- While **sauce** cooks, combine **remaining garlic** and **1 tbsp** (2 tbsp) **butter** in a small bowl. Season with **salt**, to taste.
- Halve **ciabatta**. Arrange on an unlined baking sheet, cut-side up. Spread **garlic butter** over **ciabatta**. Sprinkle **cheese** over top. Bake in the **middle** of the oven until **cheese** melts, 1-2 min. (TIP: Keep an eye on them so they don't burn.)

6



### Finish and serve

- Add **sauce** to the pot with **spaghetti**, then toss to combine. (TIP: For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired.)
- Divide **spaghetti** between plates. Serve **cheesy garlic toast** alongside.

Measurements  
within steps

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

### 1 | Cook beef

🔄 Swap | Ground Beef

If you've opted to get **beef**, reduce **oil** to **½ tbsp** (1 tbsp), then add **beef** to the pan. Cook **beef** in the same way the recipe instructs you to cook the **chicken**. \*\* Remove and discard excess fat, if desired.

### 1 | Cook Beyond Meat®

🔄 Swap | Beyond Meat®

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

### 1 | Cook chicken

✖2 Double | Ground Chicken

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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