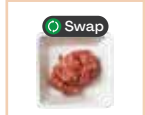




Beef and Roasted Red Pepper Ragu with Spaghetti

25 Minutes



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
- Sweet Bell Pepper 1 | 2
- Italian Seasoning 1 tbsp | 2 tbsp
- Crushed Tomatoes with Garlic and Onion 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 1/2 tsp | 1 tsp

You have been entered for a chance to win 1 OF 25 FREE VIDA BBQS!

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADERNO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$249.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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.

Ingredient quantities 56 g | 113 g
2 person | 4 person

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.

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.

3



Cook beef

- [Swap](#) | [Ground Turkey](#)
- 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**.

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**.

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 plates.
- Sprinkle **Parmesan** over **top**.
- Sprinkle with **chili flakes**, if desired.

Measurements
within steps

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

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**.

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