



Spaghetti and Rosé Beef Ragu with Cream

Spicy

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)

Swap



Ground Turkey
250 g | 500 g

Swap



Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Spaghetti
170 g | 340 g



Carrot
1 | 2



Shallot
1 | 2



Parsley
7 g | 14 g



Crushed Tomatoes with Garlic and Onion
1 | 2



Cream
56 ml | 113 ml



Beef Broth Concentrate
1 | 2



Garlic Salt
1 tsp | 2 tsp



Parmesan Cheese, shredded
1/4 cup | 1/4 cup



Chili Flakes
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 | Pepper, oil, salt, unsalted butter

Cooking utensils | Box grater, colander, large non-stick pan, large pot, measuring cups, measuring spoons, vegetable peeler

1



Prep

- Before starting, wash and dry all produce.

• Heat Guide for Step 4:

- Mild: ½ tsp (¼ tsp)
- Medium: ¼ tsp (½ tsp)
- Spicy: ½ tsp (1 tsp)

- 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.
- Meanwhile, peel, then cut **shallot** into ¼-inch pieces.
- Peel, then coarsely grate **carrot**.
- Roughly chop **parsley**.

4



Make rosé beef ragu

- Meanwhile, add **crushed tomatoes, broth concentrate, garlic salt** and ¼ **tsp chili flakes** to the pan with **beef** and **veggies**. (NOTE: Reference heat guide.) Bring to a simmer.
- Once simmering, reduce heat to medium-low. Cook, stirring occasionally, until **sauce** thickens slightly, 6-8 min.
- Add **cream**, then return to a simmer. Season with **salt** and **pepper**.

2



Cook beef and veggies

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Add **carrots** and **shallots**. Cook, stirring occasionally, until tender-crisp, 3-4 min.

5



Finish spaghetti and rosé beef ragu

- Remove the pan from heat, then add **spaghetti, half the Parmesan, ½ cup reserved pasta water** and **1 tbsp** (2 **tbsp**) **butter**. Toss to combine until **butter** melts and **spaghetti** is coated, 1 min. (TIP: For a lighter sauce consistency, add more reserved pasta water, 1-2 **tbsp** at a time, if desired.)

3



Cook spaghetti

- Meanwhile, add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ¾ **cup** (1 ½ **cups**) **pasta water**, then drain **spaghetti**.

6



Finish and serve

- Divide **spaghetti** and **rosé beef ragu** between plates.
- Top with **parsley** and **remaining Parmesan**.
- Sprinkle **remaining chili flakes** over top, if desired.

Measurements
within steps

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

2 | Cook turkey and veggies

Swap | **Ground Turkey**

If you've opted to get **turkey**, add **1 tbsp** (2 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.**

2 | Cook Beyond Meat® and veggies

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.**

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