



Beef and Spinach Rigatoni

with Chili Flakes

25 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](http://www.hellofresh.ca)



↻ Swap	↻ Swap
Ground Turkey 250 g 500 g	Beyond Meat® 2 4

Ground Beef 250 g 500 g	Rigatoni 170 g 340 g

White Cheddar Cheese, shredded ½ cup 1 cup	Chili Flakes 1 tsp 2 tsp

Italian Seasoning 1 tbsp 1 tbsp	Crushed Tomatoes with Garlic and Onion 1 2

Cream Sauce Spice Blend 1 tbsp 2 tbsp	Baby Spinach 56 g 113 g

Parmesan Cheese, shredded ¼ cup ½ cup

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 | Oil, salt, pepper

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



Cook rigatoni

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

- Add **rigatoni** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve $\frac{1}{2}$ **cup** (1 cup) **pasta water**, then drain and return **rigatoni** to the same pot, off heat.

4



Start sauce

- When **beef** is done, carefully drain and discard excess fat.
- Reduce heat to medium. Sprinkle **Cream Sauce Spice Blend** over top. Cook, stirring often, until fragrant, 1 min.

2



Prep

- Roughly chop **spinach**.

5



Finish sauce

- Add **crushed tomatoes**, **reserved pasta water** and **half the Parmesan** to the pan with **beef**.
- Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.

3



Cook beef

Swap | [Ground Turkey](#)

Swap | [Beyond Meat®](#)

- Heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **beef** and **half the Italian Seasoning** (use all for 4 ppl).
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 5-6 min.**
- Season with **salt** and **pepper**.

6



Finish and serve

- Add **sauce** and **spinach** to the pot with **rigatoni**. Season with **salt** and **pepper**, then stir to combine.
- Divide **beef** and **spinach rigatoni** between bowls.
- Sprinkle **cheese** and **remaining Parmesan** over top.
- Sprinkle **chili flakes** over top, if desired.

Measurements
within steps

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

3 | Cook turkey

Swap | [Ground Turkey](#)

If you've opted to get **turkey**, add **1 tbsp** (2 **tbps**) **oil** to the pan, then add **turkey**. Cook **turkey** 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.

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