

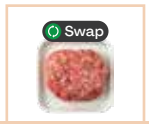


SuperQuick Zesty Ground Turkey and Tomato Pasta

with Fried Capers

Spicy

15 Minutes



Ground Beef
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](http://www.hellofresh.ca)



Ground Turkey
250 g | 500 g



Mirepoix
113 g | 227 g



Garlic Puree
1 tbsp | 2 tbsp



Crushed Tomatoes with Garlic and Onion
1 | 2



Spaghetti
170 g | 340 g



Capers
30 g | 60 g



Baby Spinach
56 g | 113 g



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Chili Flakes
1 tsp | 1 tsp



Zesty Garlic Blend
1 tbsp | 2 tbsp

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 | Sugar, salt, oil, pepper, unsalted butter

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, slotted spoon, strainer

1



Cook spaghetti

- 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.
- When water is boiling, add **spaghetti**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return **spaghetti** to the same pot, off heat.

2



Prep and fry capers

- Meanwhile, line a plate with paper towels.
- Heat a large non-stick pan over medium-high heat.
- Drain and rinse **capers**, then pat dry with paper towels.
- When the pan is hot, add **2 tbsp** (4 tbsp) **oil**, then **capers**. Fry until crispy, 3-4 min.
- Remove with a slotted spoon to the prepared plate.

3



Cook aromatics and turkey

- [Swap](#) | [Ground Beef](#)
- Add **mirepoix** to the same pan. Cook, stirring occasionally, until **veggies** start to soften, 1-2 min.
- Add **turkey**, **Zesty Garlic Blend** and **garlic puree**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 3-4 min. ******
- Season with **salt** and **pepper**.

4



Make sauce

- Add **crushed tomatoes** and **¼ tsp** (½ tsp) **sugar** to the **turkey mixture**. Cook, stirring occasionally, until well combined, 1 min. Season with **salt** and **pepper**.
- Stir **1 tbsp** (2 tbsp) **butter** into **sauce**, until melted. Remove from heat.
- Add **sauce** into the pot with **spaghetti**. Add **spinach**, then stir until **spinach** is wilted, 1 min.

5



Finish and serve

- Divide **pasta** between bowls.
- Top with **Parmesan cheese**, **fried capers** and as much **chili flakes** as desired.

Measurements
within steps

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

3 | Cook aromatics and beef

[Swap](#) | [Ground Beef](#)

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey**. ******