

HELLO Beef and Spinach Rigatoni with Chili Flakes

Spicy

25 Minutes











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 🦫







Ground Beef



250 g | 500 g







White Cheddar Cheese, shredded



Chili Flakes

1/2 cup | 1 cup





Italian Seasoning



Tomatoes with Garlic and Onion ½ tbsp | 1 tbsp 1 2





Cream Sauce Spice Blend 1 tbsp | 2 tbsp

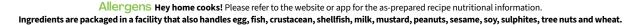
Baby Spinach 56 g | 113 g



Parmesan Cheese, shredded ¼ cup | ½ cup



Concentrate 1 | 2



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



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 ½ cup (1 cup) pasta water, then drain and return rigatoni to the same pot, off heat.



Prep

Meanwhile, roughly chop spinach.



Cook beef

O Swap | Mild Italian Sausage

Swap | Beyond Meat®

- · Heat a large non-stick pan over medium-high heat.
- When hot, add 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.



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.



Finish sauce

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



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 person

oil

4 person Ingredient

3 | Cook sausage

Swap | Mild Italian Sausage

If you've opted to get **sausage**, cook it 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.