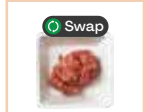




# SuperQuick Mediterranean-Style Beef Penne

with Feta and Olives

15 Minutes



Ground Turkey  
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 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



Penne  
170 g | 340 g



Mirepoix  
113 g | 227 g



Baby Spinach  
56 g | 113 g



Mixed Olives  
30 g | 60 g



Feta Cheese, crumbled  
1/4 cup | 1/2 cup



Crushed Tomatoes with Garlic and Onion  
1 | 2



Beef Broth Concentrate  
1 | 2



Mediterranean Spice 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.*

1



## Cook penne

- 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.

- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve  $\frac{3}{4}$  cup (1  $\frac{1}{2}$  cups) **pasta water**, then drain and return **penne** to the same pot, off heat.

4



## Finish and serve

- Divide **penne** between bowls. Top with **sauce**.
- Sprinkle **feta** and **remaining olives** over top.

2



## Cook beef

 Swap | **Ground Turkey**

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, drain and finely chop **olives**.
- When the pan is hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **beef** and **mirepoix**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add **Mediterranean Spice Blend**. Cook, stirring often, until fragrant, 30 sec.

3



## Make sauce

- Reduce heat to medium.
- Add **crushed tomatoes**, **broth concentrate**, **half the olives** and  $\frac{1}{2}$  **cup** (1 **cup**) **water**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.
- Remove from heat.
- Add **penne** and **spinach** to the pan with **sauce**. (**TIP:** For a lighter sauce consistency, add reserved pasta water, 1-2 **tbsp** at a time, if desired.) Stir to combine, until **spinach** wilts.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Cook turkey

 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**.\*\* Disregard instructions to drain excess fat.