



Beef and Spinach Rigatoni

with Chili Flakes

Spicy

25 Minutes

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)

 Swap	 Swap	 Double
		
Mild Italian Sausage, uncased 250 g 500 g	Beyond Meat® 2 4	Ground Beef 500 g 1000 g



	
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	Beef Broth Concentrate 1 2

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 **½ 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

- Meanwhile, roughly chop **spinach**.

5



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.

3



Cook beef

🔄 Swap | **Mild Italian Sausage**

🔄 Swap | **Beyond Meat®**

×2 Double | **Ground Beef**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ 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 **cheddar** and **remaining Parmesan** over top.
- Sprinkle **chili flakes** over top, if desired.

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.

3 | Cook sausage

🔄 Swap | **Mild Italian Sausage**

If you've opted to get **sausage**, cook 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 for 5-6 min, in the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy. ****** Disregard instructions to drain excess fat.

3 | Cook beef

×2 Double | **Ground Beef**

If you've opted for **double beef**, prep and cook in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

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