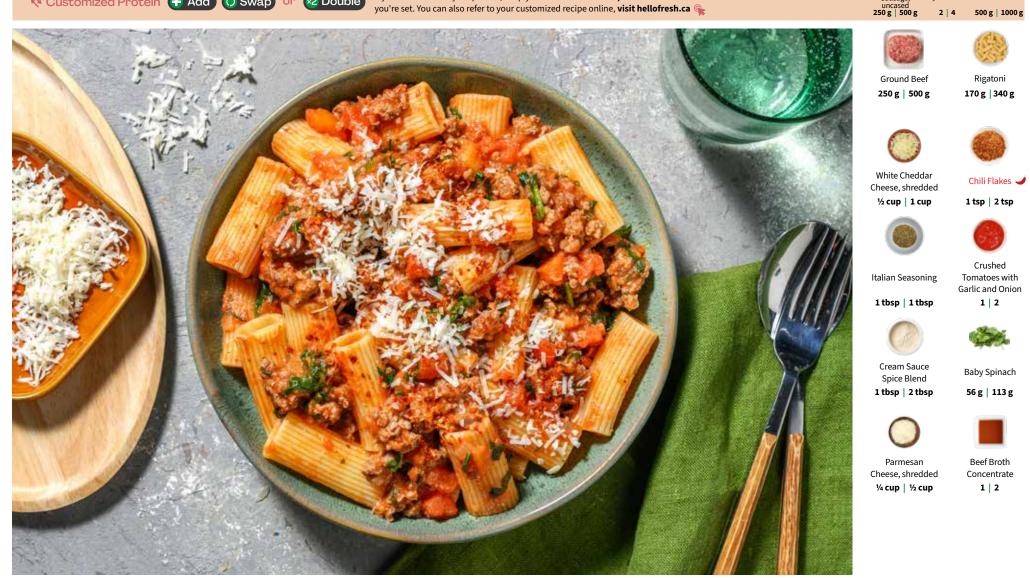


25 Minutes Spicy

🔌 Customized Protein 🚹 Add 2 Double 🜔 Swap) or

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 🌊



Allergens Heyhome 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.



🔿 Swap

Mild Italian

Sausage,

Beyond Meat®

Ground Beet

#### Pantry items | Oil, salt, pepper

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.



#### 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.



### Prep

5

**Finish sauce** 

Add crushed tomatoes, beef broth

the Parmesan to the pan with beef.

Cook, stirring occasionally, until sauce

thickens slightly, 1-2 min.

concentrate, reserved pasta water and half

Meanwhile, roughly chop spinach.



# Cook beef

Swap | Mild Italian Sausage
Swap | Beyond Meat<sup>®</sup>

# 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.



#### 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.



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**<sup>®</sup>, 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

#### 😢 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.