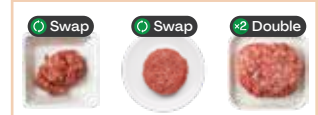




One-Pot Southwest Beef and Cavatappi

with Monterey Jack and Baby Spinach

Family Friendly 20-30 Minutes



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](https://www.hellofresh.ca)

Ground Turkey 250 g | 500 g
Beyond Meat® 2 | 4
Ground Beef 500 g | 1000 g



- Ground Beef 250 g | 500 g
- Cavatappi 170 g | 340 g
- Sweet Bell Pepper 1 | 2
- Yellow Onion 1 | 2
- Baby Spinach 56 g | 113 g
- Marinara Sauce ½ cup | 1 cup
- Tex-Mex Paste 2 tbsp | 4 tbsp
- Monterey Jack Cheese, shredded ½ cup | 1 cup
- Beef Broth Concentrate 2 | 4
- Garlic, cloves 2 | 4

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 | Oil, salt, pepper

Cooking utensils | Large pot, measuring spoons, measuring cup,

1



Prep

- Before starting, wash and dry all produce.

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Peel, then mince or grate **garlic**.

2



Cook peppers

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Transfer **peppers** to a plate. Set aside.

3



Cook beef and onions

- **Swap** | **Ground Turkey**
- **Swap** | **Beyond Meat®**
- **Double** | **Ground Beef**
- Reheat the same pot over medium-high.
- When hot, add **beef** to the dry pot. Break up **beef** into smaller pieces, then add **onions**.
- Cook, stirring often, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat, if desired.

4



Cook cavatappi

- Add **Tex-Mex paste**, **garlic**, **marinara**, **broth concentrates**, **2 ½ cups** (4 ½ cups) **water** and ¼ **tsp** (½ **tsp**) **salt** to the pot.
- Stir to combine. Bring to a boil over high.
- Once boiling, stir in **cavatappi** and reduce heat to medium.
- Simmer uncovered, stirring often to prevent sticking to the pot, until **cavatappi** is tender, 14-16 min. (**TIP:** If pasta sticks too much, add more water, ¼ cup at a time. Scrape up any pieces stuck to the bottom of the pot.)

5



Finish cavatappi

- Meanwhile, roughly chop **spinach**, if desired.
- Remove from heat, then add **peppers**, **spinach** and **half the cheese** to the pot with **cavatappi**.
- Season with **pepper**. Stir until **spinach** wilts, 1 min.

6



Finish and serve

- Divide **Southwest beef and cavatappi** between bowls.
- Sprinkle **remaining cheese** over top.

Measurements within steps **1 tbsp** (2 **tbps**) **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 turkey and onions

Swap | **Ground Turkey**

If you've opted to get turkey, add **1 tbsp** (2 **tbps**) **oil** to the pot, then **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.** Disregard instructions to drain excess fat.

3 | Cook Beyond Meat® and onions

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 and onions

Double | **Ground Beef**

If you've opted for **double beef**, 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.