



Spaghetti and Rosé Beef Ragu with Cream

Spicy

30 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



Mild Italian Sausage, uncased
250 g | 500 g

Swap



Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Spaghetti
170 g | 340 g



Carrot
1 | 2



Shallot
1 | 2



Parsley
7 g | 14 g



Crushed Tomatoes with Garlic and Onion
1 | 2



Cream
56 ml | 113 ml



Beef Broth Concentrate
1 | 2



Garlic Salt
1 tsp | 2 tsp



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Chili Flakes
1 tsp | 1 tsp

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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Pepper, oil, salt, butter

Cooking utensils | Box grater, colander, large non-stick pan, large pot, measuring cups, measuring spoons, vegetable peeler

1



Prep

- Before starting, wash and dry all produce.

- Bring a large pot of **salted water** to a boil over high.
- Meanwhile, peel, then cut **shallot** into ¼-inch pieces.
- Peel, then coarsely grate **carrot**.
- Roughly chop **parsley**.

2



Cook beef and veggies

Swap | Mild Italian Sausage, uncased

Swap | Beyond Meat®

- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **beef**. Cook for 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.**
- Add **carrots** and **shallots**. Cook for 3-4 min, stirring occasionally, until tender-crisp.

3



Cook spaghetti

- Meanwhile, to the boiling water, add **spaghetti**. Cook for 10-12 min, until tender but still firm to the bite.
- Reserve ¾ **cup** (1 ½ **cups**) **pasta water**. Strain **spaghetti**, then return to the pot off heat.

4



Make rosé beef ragu

- Meanwhile, to the pan with **beef** and **veggies**, add **crushed tomatoes**, **broth concentrate**, **garlic salt** and ¼ **tsp** **chili flakes**. (**NOTE:** Like it spicier? Add more chili flakes.) Bring to a simmer.
- Once simmering, reduce heat to medium-low. Cook for 6-8 min, stirring occasionally, until **sauce** thickens slightly.
- Add **cream**, then return to a simmer. Season with **salt** and **pepper**.

5



Finish spaghetti and ragu

- Remove the pan from heat, then add **spaghetti**, **half the Parmesan**, ½ **cup reserved pasta water** and 1 **tblsp** (2 **tblsp**) **butter**.
- Toss to combine for 1 min, until **butter** melts and **spaghetti** is coated. (**TIP:** For a lighter sauce consistency, add more reserved pasta water, 1-2 **tblsp** at a time.)

6



Finish and serve

- Divide **spaghetti** and **rosé beef ragu** between bowls.
- Top with **parsley** and **remaining Parmesan**.
- Sprinkle **remaining chili flakes** over top, if you like.

Measurements within steps

1 **tblsp** (2 **tblsp**) **oil**
2-serving 4-serving Ingredient

For 6 servings

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 sausage and veggies

Swap | Mild Italian Sausage, uncased

If you've opted to get **sausage**, cook in the same way the recipe instructs you to cook the **beef****

2 | Cook Beyond Meat® and veggies

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.**

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