



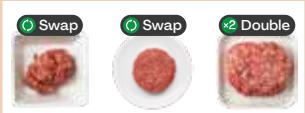
# Beef and Spinach Rigatoni

with Chili Flakes

Protein Plus

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)

Ground Turkey 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  
½ 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

**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 | Oil, salt, pepper

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



### Cook rigatoni

- Before starting, bring a large pot of salted water to a boil (use same for 4 servings).
- Wash and dry all produce.

- To the pot of **boiling water**, add **rigatoni**. Cook for 12-13 min, stirring occasionally, until tender but still firm to the bite.
- Reserve  $\frac{1}{2}$  **cup** (1 cup) **pasta water**.
- Strain **rigatoni**, then return to the 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 for 1 min, stirring often, until fragrant.

2



### Prep

- Meanwhile, roughly chop **spinach**.

5



### Finish sauce

- To the pan with **beef**, add **crushed tomatoes**, **beef broth concentrate**, **reserved pasta water** and **half the Parmesan**.
- Cook for 1-2 min, stirring occasionally, until **sauce** thickens slightly.

3



### Cook beef

- 🔄 Swap | **Ground Turkey**
- 🔄 Swap | **Beyond Meat®**
- ✖2 Double | **Ground Beef**

- Heat a large non-stick pan over medium-high.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **beef** and **half the Italian Seasoning** (use all for 4 servings).
- Cook for 5-6 min, breaking up **beef** into smaller pieces, until no pink remains.\*\*
- Season with **salt** and **pepper**.

6



### Finish and serve

- To the pot with **rigatoni**, add **sauce** and **spinach**. 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 you like.

Measurements within steps **1 tbsp** (2 **tbps**) **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.

### 3 | Cook turkey

🔄 Swap | **Ground Turkey**

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

### 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**, 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 165°F.