



One-Pot Southwest Beef and Cavatappi

with Monterey Jack and Baby Spinach

Family Friendly 25-35 Minutes

Customized Protein

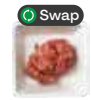
+ Add

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



Ground Turkey
250 g | 500 g



Beyond Meat®
2 | 4



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 spoon, measuring cups

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

3



Cook beef and onions

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- 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 for 4-5 min, stirring often, until no pink remains.**
- Carefully drain and discard excess fat, if you like.

4



Cook cavatappi

- To the pot, add **Tex-Mex paste**, **garlic**, **marinara**, **broth concentrates**, 2 ½ **cups** (4 ½ cups) **water** and ¼ **tsp** (½ **tsp**) **salt**.
- Stir to combine. Bring to a boil over high.
- Once boiling, stir in **cavatappi** and reduce heat to medium.
- Simmer uncovered for 14-16 min, stirring often to prevent sticking to the pot, until **cavatappi** is tender. (**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 you like.
- Remove pot with **cavatappi** from heat, then add **peppers**, **spinach** and **half the cheese**.
- Season with **pepper**. Stir for 1 min, until **spinach** wilts.

6



Finish and serve

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

Measurements within steps | 1 **tbsp** (2 **tbsp**) **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 and onions

Swap | **Ground Turkey**

If you've opted to get **turkey**, when the pot is hot, add 1 **tbsp** (2 **tbsp**) **oil**, 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®**, when the pot is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **Beyond Meat® patties**. Cook **Beyond Meat®** for 5-6 min, in the same way as the **beef**, until crispy.** Disregard instructions to drain excess fat.

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