

HELLO Beef and Roasted Pepper Ragù¹ with Spaghetti

Family Friendly

2 Double

Optional Spice 25–35 Minutes

you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and





Mild Italian Sausage, uncased

Beyond Meat®





Ground Beef 250 g | 500 g



Pepper 1 2



Italian Seasoning



1 tbsp | 2 tbsp





Spaghetti

170 g | 340 g

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











Concentrate 1 | 2

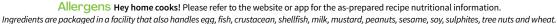


Tomato Sauce

2 tbsp | 4 tbsp

1 tsp | 2 tsp





Cooking utensils | Baking sheet, colander, measuring spoons, measuring cups, large pot, large non-stick pan



Cook spaghetti

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return spaghetti to the same pot, off heat.



Prep and roast peppers

- Meanwhile, core, then cut pepper into ½-inch pieces.
- Add peppers and ½ tbsp (1 tbsp) oil to an unlined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the middle of the oven, stirring halfway through, until tender, 14-15 min.



Cook beef

🔘 Swap | Mild Italian Sausage

🗘 Swap | Beyond Meat®

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **beef** to the dry pan.
- · Cook, breaking up beef into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Season with 1/4 tsp (1/2 tsp) garlic salt and pepper.



3 | Cook Beyond Meat®

Measurements

3 | Cook sausage

within steps

the beef.**

Swap | Beyond Meat®

If you've opted to get Beyond Meat®, cook it in the same way the recipe instructs you to cook the beef.**

1 tbsp

🔘 Swap | Mild Italian Sausage 🗋 If you've opted to get sausage, cook it in the same way the recipe instructs you to cook

(2 tbsp)

oil



Make sauce

- Add tomato sauce base and **Italian Seasoning** to the same pan. Cook, stirring often, until fragrant, 1 min.
- Add crushed tomatoes, broth concentrate and 1/4 tsp (1/2 tsp) sugar.
- Reduce heat to medium-low.
- Add roasted peppers.
- Cook, stirring occasionally, until sauce thickens slightly, 5-6 min. Season with **salt** and pepper.



Finish and serve

- Add sauce to the pot with spaghetti. Season with salt and pepper, then toss to coat.
- Divide beef-pepper ragù and spaghetti between plates.
- Sprinkle Parmesan over top.
- Sprinkle with chili flakes, if desired.

