



Beef and Roasted Pepper Ragù¹ with Spaghetti

Family Friendly

Optional Spice

25-35 Minutes

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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)

↻ Swap



Mild Italian Sausage, uncased
250 g | 500 g

↻ Swap



Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Sweet Bell Pepper
1 | 2



Italian Seasoning
1 tbsp | 2 tbsp



Crushed Tomatoes with Garlic and Onion
1 | 2



Spaghetti
170 g | 340 g



Parmesan Cheese, shredded
¼ cup | ⅓ cup



Chili Flakes
1 tsp | 2 tsp



Beef Broth Concentrate
1 | 2



Tomato Sauce Base
2 tbsp | 4 tbsp



Garlic Salt
1 tsp | 2 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.

Pantry items | Sugar, oil, pepper, salt

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

1



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.

2



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.

3



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 ¼ **tsp** (½ **tsp**) **garlic salt** and **pepper**.

4



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 ¼ **tsp** (½ **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**.

5



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.

Measurements within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Cook sausage

Swap | Mild Italian Sausage

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

3 | Cook Beyond Meat®

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****

** Cook beef, sausage and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



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