



One-Pot Southwest Beef and Cavatappi with Monterey Jack and Baby Spinach

Family Friendly 30 Minutes



Ground Beef



Onion, chopped



Marinara Sauce



Sweet Bell Pepper



Southwest Spice Blend



Monterey Jack Cheese, shredded



Cavatappi



Baby Spinach



Beef Broth Concentrate



Garlic Puree

HELLO SWEET BELL PEPPER

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Onion, chopped	56 g	113 g
Marinara Sauce	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Southwest Spice Blend	2 tbsp	4 tbsp
Monterey Jack Cheese, shredded	1 cup	2 cups
Cavatappi	170 g	340 g
Baby Spinach	56 g	113 g
Beef Broth Concentrate	1	2
Garlic Puree	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

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1 Prep

Core, then cut **pepper** into ½-inch pieces.



2 Cook peppers

Heat a large pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**, then transfer to a plate. Set aside.



3 Cook beef and onions

Heat the same pot over medium-high. When hot, add **beef** and **onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard excess fat. Add **Southwest Spice Blend** and **garlic puree**. Cook, stirring often, until fragrant, 1 min.



4 Cook cavatappi

Add **marinara sauce**, **broth concentrate**, **2 ½ cups water** and **½ tsp salt** (dbl both for 4 ppl). Stir to combine, then bring to boil. Once boiling, stir in **cavatappi** and reduce heat to medium. Simmer uncovered, stirring often to prevent sticking, until **cavatappi** is tender, 12-14 min.



5 Finish and serve

Add **peppers**, **spinach** and **half the cheese**. Cook, stirring often, until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**. Divide **Southwest beef and cavatappi** between bowls. Sprinkle **remaining cheese** over top.

Dinner Solved!