



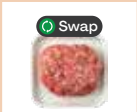
Zesty Ground Turkey Tomato Pasta

with Fried Capers

Super Quick

Optional Spice

15 Minutes



Ground Beef
250 g | 500 g

Customized Protein

+ Add

Swap

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)



Ground Turkey
250 g | 500 g



Mirepoix
113 g | 227 g



Garlic Puree
1 tbsp | 2 tbsp



Crushed Tomatoes with Garlic and Onion
1 | 2



Spaghetti
170 g | 340 g



Capers
30 g | 60 g



Baby Spinach
56 g | 113 g



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Chili Flakes
1/2 tsp | 1 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 | Unsalted butter, oil, salt, pepper, sugar

Cooking utensils | Measuring spoons, slotted spoon, strainer, measuring cups, large pot, large non-stick pan, paper towels

1



Cook spaghetti

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

2



Prep and fry capers

- Meanwhile, line a plate with paper towels.
- Heat a large non-stick pan over medium-high heat.
- Drain and rinse **capers**, then pat dry with paper towels.
- When the pan is hot, add **2 tbsp** (4 tbsp) **oil**, then **capers**. Fry until crispy, 3-4 min.
- Remove with a slotted spoon to the prepared plate.

3



Cook aromatics and turkey

- [Swap](#) | **Ground Beef**
- Add **mirepoix** to the same pan. Cook, stirring occasionally, until it starts to soften, 1-2 min.
- Add **turkey** and **garlic puree**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 3-4 min.**
- Season with **salt** and **pepper**.

4



Make sauce

- Add **crushed tomatoes** and **¼ tsp** (½ tsp) **sugar**. Cook, stirring occasionally, until well combined, 1 min. Season with **salt** and **pepper**, to taste.
- Stir **1 tbsp** (2 tbsp) **butter** into **sauce**, until melted.
- Remove from heat.
- Pour **sauce** into the pot with **spaghetti**. Add **spinach**, then stir until **spinach** is wilted, 1 min.

5



Finish and serve

- Divide **pasta** between bowls.
- Top with **Parmesan cheese**, **fried capers** and **chili flakes**, to taste.

Measurements
within steps

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

3 | Cook aromatics and beef

[Swap](#) | **Ground Beef**

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

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



Issue with your meal? Scan the QR code to share your feedback.