

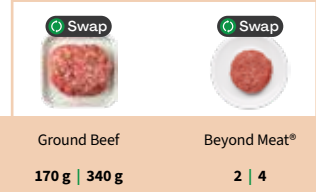


# Easy Ground Chicken Ragu with Spaghetti

Family Friendly 15 - 25 Minutes

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



Ground Beef  
170 g | 340 g

Beyond Meat®  
2 | 4



Spaghetti  
170 g | 340 g

Crushed Tomatoes with Garlic and Onion  
1 | 2

Mirepoix  
113 g | 227 g

Ground Chicken\*  
250 g | 500 g

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

Sweet Bell Pepper  
1 | 2

Italian Seasoning  
1/2 tbsp | 1 tbsp

**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, butter, salt, pepper

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

1



## Cook pasta

- Before starting, preheat the oven to 450 °F.
- Add 10 cups water and 1 tbsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve  $\frac{1}{4}$  cup ( $\frac{1}{2}$  cup) **pasta water**, then drain and return **pasta** to the same pot, off heat.

4



## Cook chicken

Swap | [Ground Beef](#)

Swap | [Beyond Meat®](#)

- Add **chicken** to pan. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.\*\* Add **half the Italian Seasoning** (use all for 4 ppl) and cook, stirring often, until **chicken** and **veggies** are coated, 1 min.
- Season with **salt** and **pepper**.

2



## Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then the **mirepoix**. Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Season with **salt** and **pepper**.

3



## Prep and roast peppers

- Meanwhile, core, then cut **pepper** into  $\frac{1}{2}$ -inch pieces.
- Add **peppers** and  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until tender, 14-15 min.

5



## Make sauce

- Add **reserved pasta water** and **crushed tomatoes** to the pan with **chicken mixture**.
- Reduce heat to medium.
- Cook, stirring occasionally, until slightly reduced, 2-4 min.
- Remove from heat.

6



## Finish and serve

- Pour **sauce** over **spaghetti** in the large pot, then add **2 tbsp** (4 **tbsp**) **butter**. Add **roasted peppers**.
- Season with **salt** and **pepper**. Stir to combine.
- Divide **spaghetti** between bowls, then sprinkle **Parmesan** over top.

Measurements  
within steps

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

## 4 | Cook chicken

Swap | [Ground Beef](#)

If you've opted to get **ground beef**, cook it in the same way the recipe instructs you to cook the **ground chicken**\*\*.

## 4 | Cook Beyond Meat®

Swap | [Beyond Meat®](#)

If you've opted to get **Beyond Meat®**, cook it the same way as the **chicken**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.\*\*

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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