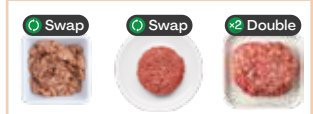




# Saucy Beef Ragù<sup>1</sup> with Olive Tapenade

20 Minutes



Mild Italian Sausage, uncased 250 g | 500 g  
Beyond Meat® 2 | 4  
Ground Beef 500 g | 1000 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 Beef  
250 g | 500 g



Penne  
170 g | 340 g



Tomato  
2 | 4



Crushed Tomatoes with Garlic and Onion  
1 | 2



Mixed Olives  
30 g | 60 g



Beef Broth Concentrate  
1 | 2



Zesty Garlic Blend  
1 tbsp | 2 tbsp



Parmesan Cheese, shredded  
½ cup | 1 cup



Chili Flakes  
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** | Pepper, oil, salt, unsalted butter, sugar

**Cooking utensils** | Large non-stick pan, large pot, measuring cups, measuring spoons, small bowl, strainer

1



### Cook beef

- 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.

🔄 Swap | **Mild Italian Sausage**

🔄 Swap | **Beyond Meat®**

\*2 Double | **Ground Beef**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **beef**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Season with **salt**, **pepper** and **Zesty Garlic Blend**.

4



### Make olive tapenade

- Meanwhile, cut **tomatoes** into ¼-inch pieces.
- Drain, then finely chop **olives**.
- Add **tomatoes**, **olives** and **½ tbsp** (1 tbsp) **oil** to a small bowl. (TIP: We love using extra virgin olive oil in this tapenade!)
- Season with **salt** and **pepper**, then stir to combine.

2



### Cook penne

- While **beef** cooks, add **penne** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 10-12 min.

5



### Assemble ragù

- When **penne** is tender, reserve **¼ cup** (½ cup) **pasta water**.
- Strain **penne**, then return to the same pot, off heat.
- Add **sauce**, **reserved pasta water** and **half the Parmesan** to the pot.
- Season with **salt** and **pepper**, then toss to combine.

3



### Cook sauce

- Add **broth concentrate**, **crushed tomatoes**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (1 tsp) **sugar** to the pan with **beef**.
- Reduce heat to medium.
- Simmer, stirring occasionally, until **sauce** starts to thicken, 6-8 min. Season with **salt** and **pepper**.

6



### Finish and serve

- Divide **beef ragù** between bowls, then top with **olive tapenade**.
- Sprinkle **remaining Parmesan** over top.
- Sprinkle **chili flakes** over top, if desired.

Measurements  
within steps

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

### 1 | 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**\*\*.

### 1 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

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

### 1 | Cook beef

\*2 Double | **Ground Beef**

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

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