



# Beef and Spinach Rigatoni

## with Chili Flakes

25 Minutes

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or

\*2 Double

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Mild Italian Sausage, uncased 250 g   500 g	Beyond Meat® 2   4



	
Ground Beef 250 g   500 g	Rigatoni 170 g   340 g
	
White Cheddar Cheese, shredded ½ cup   1 cup	Chili Flakes 1 tsp   2 tsp
	
Italian Seasoning ½ tbsp   1 tbsp	Crushed Tomatoes with Garlic and Onion 1   2
	
Cream Sauce Spice Blend 1 tbsp   2 tbsp	Baby Spinach 56 g   113 g
	
Parmesan Cheese, shredded ¼ cup   ½ cup	

**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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil\*, salt\*, pepper\*

Cooking utensils | Colander, measuring spoons, measuring cups, large pot, large non-stick pan

1



### Cook rigatoni

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use the same for 4 ppl).
  - Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- Add **rigatoni** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
  - Reserve  $\frac{1}{2}$  cup (1 cup) **pasta water**, then drain and return **rigatoni** to the same pot, off heat.

2



### Prep

- Roughly chop **spinach**.

3



### Cook beef

- 🔄 Swap | **Mild Italian Sausage**
- 🔄 Swap | **Beyond Meat®**
- Heat a large non-stick pan over medium-high heat.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **beef** and **half the Italian Seasoning** (use all for 4 ppl).
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 5-6 min.\*\*
- Season with **salt** and **pepper**.

4



### Start sauce

- When **beef** is done, carefully drain and discard excess fat.
- Reduce heat to medium. Sprinkle **Cream Sauce Spice Blend** over top. Cook, stirring often, until fragrant, 1 min.

5



### Finish sauce

- Add **crushed tomatoes**, **reserved pasta water** and **half the Parmesan** to the pan with **beef**.
- Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.

6



### Finish and serve

- Add **sauce** and **spinach** to the pot with **rigatoni**. Season with **salt** and **pepper**, then stir to combine.
- Divide **beef and spinach rigatoni** between bowls.
- Sprinkle **cheese** and **remaining Parmesan** over top.
- Sprinkle **chili flakes** over top, 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®**, prepare, cook and plate it the same way as the **beef**, until crispy\*\*.

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



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