



Beyond Meat® Goulash-Style Pasta with Roasted Peppers

VEGGIE 35 Minutes



Beyond Meat®



Cavatappi



Vegetable Broth Concentrate



Tomato Sauce



Crushed Tomatoes



Sweet Bell Pepper



Cheddar Cheese, shredded



Chives



Smoked Paprika



Garlic



Onion, chopped

HELLO GOULASH!

Hungarian style stew or soup seasoned with paprika!

Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

Bust Out

Baking Sheet, Garlic Press, Large Non-Stick Pan, Large Pot, Measuring Cups, Measuring Spoons, Strainer, Parchment Paper

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Cavatappi	170 g	340 g
Vegetable Broth Concentrate	1	2
Tomato Sauce	2 tbsp	4 tbsp
Crushed Tomatoes	1 box	2 box
Sweet Bell Pepper	160 g	320 g
Cheddar Cheese, shredded	¼ cup	½ cup
Chives	7 g	7 g
Smoked Paprika	1 ½ tsp	3 tsp
Garlic	6 g	12 g
Onion, chopped	56 g	113 g
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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. COOK CAVATAPPI

Add **10 cups water** and **2 tsp salt** in a large pot. (**NOTE:** Use same for 4 ppl). Cover and bring to a boil over high heat. Add **cavatappi** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 8-9 min. Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return to the same pot.



4. COOK GOULASH

Add **Beyond Meat® mixture**, **crushed tomatoes**, **broth concentrate** and **reserved pasta water** to the pot with the **cavatappi**. Heat the pot over medium-low heat. Cook, stirring occasionally, until **sauce** is slightly reduced and **cavatappi** is coated, 2-3 min.



2. PREP & ROAST PEPPERS

While **water** boils, core, then cut **peppers** into ½-inch pieces. Toss **peppers** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, stirring halfway through cooking, until tender, 14-15 min.



5. FINISH GOULASH

While **sauce** simmers, finely chop **chives**. Stir **cheese**, **roasted peppers** and **half the chives** into the **goulash**. Season with **salt** and **pepper**.



3. START GOULASH

While **peppers** roast, peel, then mince or grate **garlic**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 3-4 min. Add **Beyond Meat®**, **garlic**, **smoked paprika** and **tomato sauce**. Cook, breaking up **patties** into smaller pieces, until slightly crispy, 5-6 min. ** Season with **salt** and **pepper**.



6. FINISH AND SERVE

Divide the **goulash** between bowls. Sprinkle over **remaining chives**.

Dinner Solved!