



One-Pot Southwest Beef and Cavatappi with Monterey Jack and Baby Spinach

Family Friendly 30 Minutes



Ground Beef



Onion, chopped



Marinara Sauce



Sweet Bell Pepper



Southwest
Spice Blend



Monterey Jack
Cheese, shredded



Cavatappi



Baby Spinach



Beef Broth
Concentrate



Green Onions

HELLO SWEET BELL PEPPER

A sweet pepper is just a green pepper that has been left on the vine to ripen

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Onion, chopped	56 g	113 g
Marinara Sauce	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Southwest Spice Blend	2 tbsp	4 tbsp
Monterey Jack Cheese, shredded	1 cup	2 cup
Cavatappi	170 g	340 g
Baby Spinach	56 g	113 g
Beef Broth Concentrate	1	2
Green Onions	2	2
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1 Prep

Core, then cut **pepper** into ½-inch pieces. Thinly slice **green onions**.



2 Cook peppers

Heat a large pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**, then transfer to a plate. Set aside.



3 Cook beef and onions

Heat the same pot over medium-high. When hot, add **beef** and **onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard **excess fat**. Add **Southwest Spice Blend** and cook, stirring often, until fragrant, 1 min.



4 Cook cavatappi

Add **marinara sauce**, **broth concentrate**, **2 ½ cups water** and **½ tsp salt** (dbl both for 4 ppl). Stir to combine, then bring to boil. Once boiling, stir in **cavatappi** and reduce heat to medium. Simmer uncovered, stirring often to prevent sticking, until **cavatappi** is tender, 12-14 min.



5 Finish and serve

Add **peppers**, **spinach** and **half the cheese**. Cook, stirring often, until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**. Divide **Southwest beef** and **cavatappi** between bowls. Sprinkle **green onions** and **remaining cheese** over top.

Dinner Solved!