

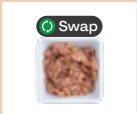


Savoury Beef and Mushroom Pasta

with Green Peas and Spinach

Super Quick

15 Minutes



Mild Italian Sausage
250 g | 500 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](http://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Mushrooms
113 g | 227 g



Penne
170 g | 340 g



Gravy Spice Blend
2 tbsp | 4 tbsp



Beef Stock Powder
1 tbsp | 2 tbsp



Onion, sliced
56 g | 113 g



Green Peas
56 g | 113 g



Baby Spinach
56 g | 113 g



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



Tomato Sauce Base
2 tbsp | 4 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 | Unsalted butter, oil, salt, pepper

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

1



Cook pasta and prep

- Before starting, add 10 cups 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.
- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Meanwhile, heat a large non-stick pan over high heat.
- Thinly slice **mushrooms**.
- Reserve $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) **pasta water**, then drain and return **penne** to the same pot, off heat.

4



Finish and serve

- Add **penne**, **veggies**, **spinach** and **half the Parmesan** to pan with **meat mixture**. Stir until **spinach** wilts, 1 min. (**TIP**: For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired.)
- Divide **pasta** between plates. Sprinkle **remaining Parmesan** over top.

2



Cook mushrooms and peas

- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, **mushrooms** and **peas**. Season with **salt** and **pepper**.
- Cook, stirring often, until **mushrooms** are soft and lightly golden, 4-5 min.
- Transfer **veggies** to a plate.

3



Cook beef and make sauce

🔄 Swap | Mild Italian Sausage

- Reheat same pan over medium-high.
- Add **beef** and **onions** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 3-4 min.**
- Add **2 tbsp** (4 **tbsp**) **butter**. Cook, stirring often until **butter** melts, 1 min.
- Add **Gravy Spice Blend** and **beef stock powder**. Stir to coat.
- Add **tomato sauce base** and **1 $\frac{1}{2}$ cups** (3 cups) **water**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.

Measurements
within steps

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

3 | Cook sausage and make sauce

🔄 Swap | Mild Italian Sausage

If you've opted to get **mild Italian sausage**, cook it in the same way the recipe instructs you to cook the **beef**.**

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



Issue with your meal? Scan the QR code to share your feedback.