



Tomato Garlic Beef Spaghetti

with Sweet Pepper and Zucchini

30 Minutes



-  Ground Beef
-  Spaghetti
-  Zucchini
-  Sweet Bell Pepper
-  Shallot
-  Garlic
-  Tomato Passata
-  Italian Seasoning
-  Soy Sauce
-  Parmesan Cheese

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO PASSATA

Passata tomatoes make this recipe a cinch to put together and make for a delicious sauce!

Start here

Before starting, wash and dry all produce.

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.

Bust Out

Large non-stick pan, large pot, slotted spoon, strainer, garlic press, medium bowl, measuring cups, measuring spoons

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Spaghetti	170 g	340 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Shallot	50 g	100 g
Garlic	6 g	12 g
Tomato Passata	1 box	2 box
Italian Seasoning	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Parmesan Cheese	¼ cup	½ cup
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.

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Prep

Add **10 cups water** and **2 tsp salt** in a large pot. Cover and bring to a boil over high heat. (**NOTE:** Use same for 4 ppl.) Meanwhile, cut **zucchini** into ¼-inch rounds. Core, then cut **pepper** into ½-inch pieces. Peel, then finely chop **shallots** into ¼-inch pieces. Peel, then mince or grate **garlic**.



Cook veggies

When **beef** is done, remove the pan from heat. Using a slotted spoon, transfer **beef** to a medium bowl. Drain all but **½ tbsp excess fat** (dbl for 4 ppl) from the pan. Heat the same pan (with excess fat) over medium heat. When hot, add **zucchini** and **peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min. Season with **salt** and **pepper**.



Cook beef

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened, 3-4 min. Increase the heat to medium-high. Add **beef** and **garlic**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**



Finish sauce

Add **cooked beef**, **passata**, **soy sauce** and **Italian seasoning** to the pan. Reduce the heat to medium-low. Simmer, stirring occasionally, until **sauce** is slightly thickened, 7-8 min.



Cook spaghetti

While **beef** cooks, add **spaghetti** to the pot with **boiling water**. Cook, stirring occasionally, until tender, 10-12 min. Drain **spaghetti** and return to the same pot. Set aside, off heat.



Finish and serve

Add **beef sauce** to the pot with **spaghetti**. Season with **salt** and **pepper**, then toss together to coat. Divide **tomato garlic spaghetti** between bowls and sprinkle over **Parmesan**.

Dinner Solved!