



Tomato Garlic Beef Spaghetti

with Sweet Pepper and Zucchini

30 Minutes



Ground Beef



Spaghetti



Zucchini



Sweet Bell Pepper



Shallot



Garlic



Crushed Tomatoes



Italian Seasoning



Soy Sauce



Parmesan Cheese

HELLO ZUCCHINI

The name for this popular veggie comes from "zucca", the Italian word for squash!

Start here

Before starting, wash and dry all produce.

Bust Out

Large non-stick pan, large pot, slotted spoon, strainer, 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
Crushed Tomatoes	170 ml	340 ml
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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1 Prep

Add **10 cups water** and **2 tsp salt** to 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 **shallot** into ¼-inch pieces. Peel, then mince or grate **garlic**.



4 Cook veggies

When **beef** is done, remove the pan from heat. Using a slotted spoon, transfer **beef** to a medium bowl. Reserve **½ tbsp** fat (dbl for 4 ppl), then discard remaining. Heat pan with **reserved 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**.



2 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. **



5 Finish sauce

Add **cooked beef**, **crushed tomatoes**, **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.



3 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 pot. Set aside, off heat.



6 Finish and serve

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

Dinner Solved!