



Tomato Garlic Beef Spaghetti

with Sweet Peppers

30 Minutes



Ground Beef



Spaghetti



Sweet Bell Pepper



Zucchini



Italian Seasoning



Soy Sauce



Parmesan Cheese,
grated



Crushed Tomatoes



Garlic Puree



Red Onion, chopped

HELLO SOY SAUCE

The secret to adding oomph to a simple meat sauce!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, colander, measuring spoons, slotted spoon, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Spaghetti	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Italian Seasoning	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Parmesan Cheese, grated	¼ cup	½ cup
Crushed Tomatoes	370 ml	796 ml
Garlic Puree	2 tbsp	4 tbsp
Red 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 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.

Contact

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1



Prep

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. While **water** comes to a boil, cut **zucchini** into ¼-inch rounds. Core, then cut **pepper** into ½-inch pieces.

2



Cook beef

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

3



Cook spaghetti

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

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) in the pan, discarding remaining. Heat the pan with **reserved fat** over medium. When hot, add **peppers** and **zucchini**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min. Season with **salt** and **pepper**.

5



Make sauce

Add **beef**, **crushed tomatoes**, **soy sauce** and **Italian Seasoning** to the pan with **veggies**. Reduce heat to medium-low. Simmer, stirring occasionally, until **sauce** thickens slightly, 7-8 min.

6



Finish and serve

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

Dinner Solved!