



# Tomato Garlic Beef Spaghetti with Sweet Peppers

30 Minutes



Ground Beef



Spaghetti



Sweet Bell Pepper



Zucchini



Red Onion, chopped



Italian Seasoning



Soy Sauce



Crushed Tomatoes



Parmesan Cheese,  
grated



Garlic Puree

HELLO SOY SAUCE

*The secret to adding oomph to a simple meat sauce!*

## Start here

Before starting, wash and dry all produce.

### Bust out

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
Red Onion, chopped	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Crushed Tomatoes	370 ml	796 ml
Parmesan Cheese, grated	¼ cup	½ cup
Garlic Puree	2 tbsp	4 tbsp
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. Meanwhile, cut **zucchini** into ¼-inch rounds. Core, then cut **pepper** into ½-inch pieces.



### 4 Cook spaghetti

Meanwhile, add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and return **spaghetti** to the same pot, off heat.



### 2 Cook beef

Heat a large non-stick pan over medium-high heat. When hot, add **beef** to the dry pan. Break up **beef** into smaller pieces, then add **onions**. Cook, stirring occasionally, until no pink remains in **beef**, 4-5 min. \*\* When **beef** is done, remove the pan from heat. Using a slotted spoon, transfer **beef mixture** to a plate. Reserve **½ tbsp fat** (dbl for 4 ppl) in the pan, discarding remaining.



### 5 Make sauce

Meanwhile, add **beef mixture**, **crushed tomatoes** and **soy sauce** to the pan with **veggies**. Bring to a boil. Once boiling, reduce heat to medium-low. Simmer, stirring occasionally, until **sauce** thickens slightly, 7-8 min.



### 3 Cook veggies

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. Add **garlic puree** and **Italian Seasoning**. Season with **salt** and **pepper**. Cook, stirring often, until fragrant, 1 min.



### 6 Finish and serve

Add **sauce** to the pot with **spaghetti**. Season with **salt** and **pepper**, to taste, then toss to coat. (TIP: For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired!) Divide **tomato garlic beef spaghetti** between bowls, then sprinkle **Parmesan** over top.

## Dinner Solved!