



QUICK BEEF RAGÙ SPAGHETTI

with Zucchini and Italian Seasonings



HELLO QUICK RAGÙ

No need for hours of slow simmering: this red sauce is ready in a flash

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 820



Zucchini



Garlic



Ground Beef



Soy Sauce
(Contains: Soy)



Crushed Tomatoes



Chili Flakes



Yellow Onions



Thyme



Italian Seasoning



Spaghetti
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)

START STRONG

Save time on thyme! Place the tip of a stem in one hole of a fine-mesh strainer and pull through—the leaves will pop right off.

BUST OUT

- Large pot
- Large pan
- Strainer
- Olive oil (2 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|--|----------|
| • Zucchini | 2 |
| • Yellow Onions | 2 |
| • Garlic | 4 Cloves |
| • Thyme | ¼ oz |
| • Ground Beef | 20 oz |
| • Spaghetti | 12 oz |
| • Italian Seasoning | 1 TBSP |
| • Soy Sauce | 4 TBSP |
| • Crushed Tomatoes | 27.52 oz |
| • Parmesan Cheese | ½ Cup |
| • Chili Flakes  | 1 tsp |

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Quarter **zucchini** lengthwise, then cut into ½-inch-thick pieces. Halve, peel, and dice **onions**. Mince **garlic**. Strip **thyme leaves** from stems; discard stems. Roughly chop leaves.



4 START RAGÙ

Add **onions** and **zucchini** to pan with **beef**. Cook, tossing, until softened, about 5 minutes. Add **garlic**, **thyme**, **Italian seasoning**, and **soy sauce**. Cook until fragrant, about 30 seconds.



2 COOK BEEF

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **beef**, breaking up meat into pieces. Cook, tossing, until browned but not yet cooked through, 4-5 minutes. Season with **salt** and **pepper**.



5 SIMMER RAGÙ

Add **tomatoes** and reserved **pasta cooking water** to pan with **beef** and **veggies**. Bring to a boil, then reduce heat and let simmer until thick and saucy, about 5 minutes. Season with **salt** and **pepper**. **TIP:** If you have time, let the ragù simmer longer. It'll just get better!



3 COOK SPAGHETTI

Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Carefully scoop out and reserve **1 cup pasta cooking water**, then drain.



6 TOSS AND SERVE

Add **spaghetti** to pan with **ragù** and toss to combine. Divide everything between plates, then sprinkle with **Parmesan** and **chili flakes** (to taste—you may want to leave them out for the kids).

FRESH TALK

Can anyone guess the secret ingredient that flavors the ragù? (It's brown and starts with an s.)

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