



# QUICK BEEF RAGÚ SPAGHETTI

with Zucchini and Italian Seasonings



**HELLO**  
**QUICK RAGÚ**

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

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 740**



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 thyme stem in the hole of a fine-mesh strainer, then pull it through to make the leaves 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 16 oz
- Italian Seasoning 1 TBSP
- Soy Sauce 4 TBSP
- Spaghetti 12 oz
- Crushed Tomatoes 2
- Parmesan Cheese ½ Cup
- Chili Flakes  1 tsp

## HELLO WINE



PAIR WITH  
Butcher's Hook Mendoza  
Red Blend, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

 HelloFRESH



## 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 pieces. Halve, peel, and dice onions. Mince garlic. Strip thyme leaves from stems; discard stems. Roughly chop leaves.



## 4 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.



## 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 crushed tomatoes and reserved pasta cooking water to pan. 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 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.



## 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 little ones).

## FRESH TALK

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

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