



Cooking Made Easy

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Tomato-Garlic Ragu with Spaghetti

Beef ragu can only be better with a fragrant garlic-tomato sauce. We've added a dash of soy sauce for a unique salty touch and zucchini for color. It wouldn't be complete without that sprinkle of parmesan cheese!

30 min

level 1

nut free



Ground Beef



Spaghetti



Garlic



Thyme



Zucchini



Diced Tomatoes



Soy Sauce



Parmesan Cheese



Onion

Ingredients

	2 Person	4 Person
Ground Beef	10 oz	20 oz
Spaghetti	1) 6 oz	12 oz
Onion	1	2
Garlic	4 cloves	8 cloves
Thyme	1 sprig	2 sprigs
Zucchini	1	2
Diced Tomatoes	1 can	2 cans
Soy Sauce	2 T	4 T
Parmesan Cheese	7) ¼ C	½ C
Olive Oil*	1 T	2 T

*Not included

Allergens

1)Wheat

7)Milk

Nutrition per serving Calories: 789 | Carbs: 85g | Fat: 27g | Protein: 51g | Fiber: 11g

Ruler
0 in
1/2 in
1 in

2



1 Bring a large pot of **salted water** to a boil. Meanwhile, halve the **zucchini** lengthwise, then cut into ½-inch pieces. Halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Strip the **thyme leaves** off the sprig.

2 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **ground beef** and season with **salt** and **pepper**. Cook for about 6 minutes, breaking up the pieces, until no longer pink.

3



3 Add the **onions** and **zucchini** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened. Add the **soy sauce**, **garlic**, and **thyme** and cook for 30 seconds, until fragrant.

4 Add the **diced tomatoes** and ½ cup **water** to the pan. Simmer for about 10 minutes, until thickened.

4



5 Meanwhile, add the **spaghetti** to the boiling water and cook for 9-10 minutes, until al dente.

6 Drain the **spaghetti** and add it to the pan with the **sauce**. Toss to combine.

7 Serve the **ragu** in bowls with a sprinkle of **parmesan** on top!

6



Tip Whether you mince or grate the garlic is a matter of taste. Grating the garlic provides a bolder flavor. For a milder flavor, mince or thinly slice the garlic.