



# Tomato Garlic Beef Spaghetti

with Sweet Pepper and Zucchini

30 Minutes



Ground Beef



Spaghetti



Zucchini



Sweet Bell Pepper



Red Onion



Garlic



Italian Seasoning



Soy Sauce



Parmesan Cheese



Crushed Tomatoes

HELLO ZUCCHINI

*This summer squash also goes by the name courgette.*

## Start here

Before starting, wash and dry all produce.

## Bust Out

Strainer, large non-stick pan, large pot, measuring spoons, measuring cups, medium bowl, slotted spoon

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Spaghetti	170 g	340 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Red Onion	50 g	100 g
Garlic	6 g	12 g
Italian Seasoning	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Parmesan Cheese	¼ cup	½ cup
Crushed Tomatoes	370 ml	740 ml
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## 1 Prep

Add **10 cups water** and **2 tsp salt** to a large pot. (**NOTE:** 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. Peel, then finely chop **½ cup onion** (dbl for 4 ppl) into ¼-inch pieces. Peel, then mince or grate **garlic**.



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



## 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 the heat to medium-high. Add **beef** and **garlic**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. \*\*



## 5 Finish sauce

Add **beef**, **crushed tomatoes**, **soy sauce** and **Italian Seasoning** to the pan. Reduce the heat to medium-low. Simmer, stirring occasionally, until **sauce** is slightly thickened, 7-8 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 the **spaghetti** to same pot, off heat.



## 6 Finish and serve

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

## Dinner Solved!