



# Tomato Garlic Beef Spaghetti

with Sweet Pepper and Zucchini

30 Minutes



Ground Beef



Spaghetti



Zucchini



Sweet Bell Pepper



Onion, chopped



Garlic Puree



Italian Seasoning



Soy Sauce



Parmesan Cheese,  
grated



Crushed Tomatoes  
with Garlic and Onion

HELLO ZUCCHINI

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

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, colander, measuring spoons, slotted spoon, large pot, large non-stick pan, measuring cups

### 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
Onion, chopped	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Parmesan Cheese, grated	¼ cup	½ cup
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°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 (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.



### 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 puree**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 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 **spaghetti** to the same pot, off heat.



### 4 Cook veggies

When **beef** is done, remove 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. When hot, add **zucchini** and **peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min. Season with **salt** and **pepper**.



### 5 Finish sauce

Add **beef**, **crushed tomatoes**, **soy sauce** and **Italian Seasoning** to the pan with **veggies**. Reduce the heat to medium-low. Simmer, stirring occasionally, until **sauce** thickens slightly, 7-8 min.



### 6 Finish and serve

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

## Dinner Solved!