



13WF

OCT  
2016

## Tomato-Garlic Ragu

with Spaghetti

Who doesn't love a hearty ragu to kick off the fall season! We've upgraded this classic comfort food with a fragrant, garlic-tomato sauce. We've also added zucchini for color and chili flakes for an extra kick. It wouldn't be complete without that sprinkle of Parmesan cheese!



Prep: 10 min  
Total: 30 min



level 1



nut  
free



Ground Beef



Spaghetti



Yellow Onion



Garlic



Italian  
Seasoning



Zucchini



Crushed Tomatoes




Parmesan  
Cheese



Chili Flakes

## Ingredients

	2 People	4 People
Ground Beef	8 oz	16 oz
Spaghetti	1) 6 oz	12 oz
Yellow Onion	1	2
Garlic	2 Cloves	4 Cloves
Italian Seasoning	1 t	2 t
Zucchini	1	2
Crushed Tomatoes	1 Box	2 Boxes
Chili Flakes 	1 t	1 t
Parmesan Cheese	2) ¼ C	½ C
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Large pot, Large pan, Strainer

**Nutrition per person** Calories: 723 cal | Fat: 23 g | Sat. Fat: 8 g | Protein: 43 g | Carbs: 92 g | Sugar: 16 g | Sodium: 614 mg | Fiber: 7 g

1



**1 Prep the ingredients: Wash and dry all produce.** 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**.

2



**2 Brown the beef:** 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 Cook the vegetables:** Add the **onions** and **zucchini** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened. Add the **garlic** and **Italian seasoning** and cook for 30 seconds, until fragrant.

4



**4 Simmer the sauce:** Add the **crushed tomatoes**, **½ cup water**, and the **chili flakes** (to taste) to the pan. Simmer for about 10 minutes, until thickened.

**5 Toss and combine:** Meanwhile, add the **spaghetti** to the boiling water and cook for 9-10 minutes, until al dente. Drain and add to the pan with the **sauce**. Toss to combine.

**6 Finish:** Serve the **tomato-garlic ragu** in bowls with a sprinkle of **Parmesan cheese** on top!

5



Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

