



# SPAGHETTI WITH SAUCY BEEF RAGU

with Zucchini and Italian Seasonings



## HELLO QUICK RAGU

Beefed-up red sauce, ready in a flash

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 690



Zucchini



Garlic



Italian Seasoning



Diced Tomatoes



Chili Flakes



Yellow Onion



Ground Beef



Spaghetti Pasta  
(Contains: Wheat)



Parmesan Cheese  
(Contains: Milk)

## START STRONG

If you're cooking for little ones (or anyone who doesn't love spice), feel free to omit the chili flakes completely or add them at the end just for those who like a little heat.

## BUST OUT

- Large pot
- Large pan
- Strainer
- Olive oil (1 tsp)

## INGREDIENTS

Ingredient 4-person

- |  |          |
|--|----------|
| • Zucchini   | 2        |
| • Yellow Onion   | 1        |
| • Garlic   | 4 Cloves |
| • Ground Beef  | 16 oz    |
| • Spaghetti Pasta  | 12 oz    |
| • Italian Seasoning  | 2 tsp    |
| • Chili Flakes  | 1 tsp    |
| • Diced Tomatoes   | 2 Cans   |
| • Parmesan Cheese  | ½ Cup    |

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**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 **onion**. Mince or grate **garlic**.



**4 COOK VEGGIES** Add **onion** and **zucchini** to pan with **beef**. Cook until softened, about 5 minutes, tossing. Add **garlic** and a pinch of **chili flakes** (to taste—they're spicy). Toss until fragrant, about 30 seconds.



**2 COOK BEEF** Heat a drizzle of **olive oil** in a large pan over medium heat. Add **ground beef**, breaking up meat with a spatula or wooden spoon. Cook until browned but not entirely cooked through, 4-5 minutes. Carefully pour out and discard any excess oil in pan. Season with **salt** and **pepper**.



**5 SIMMER RAGU** Add **tomatoes** and **1 cup pasta cooking water** to same pan. Bring to a boil, then lower heat and simmer 5 minutes. Season to taste with **salt** and **pepper**. **TIP:** Let ragu simmer longer if you have time—it will just get better.



**3 BOIL SPAGHETTI** Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes, stirring occasionally. Drain, reserving **1 cup pasta cooking water**.



**6 FINISH AND SERVE** Toss **spaghetti** with **ragu** in pan until combined. Divide between plates and sprinkle with **Parmesan**.

## SPECIAL SAUCE!

Pasta, tomatoes, and beef are always a dinnertime win.