



ONE-POT HEARTY HAMBURGER NOODLE SOUP

with Onion & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



10 oz | 20 oz
Ground Beef**



1 tsp | 2 tsp
Dried Oregano



1 TBSP | 2 TBSP
Fry Seasoning



13.76 oz | 27.52 oz
Crushed Tomatoes



2 | 4
Beef Stock
Concentrates



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



¼ oz | ½ oz
Parsley



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THERE TOO. SCAN HERE TO GET HELP!



**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Turkey

Calories: 690



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 830



HELLO FRESH

HELLO

CAVATAPPI

This springy pasta takes its name from the Italian word for “corkscrew.”

ONE-POT WINNER

Cooking the pasta right in the soup lets it soak up all those savory flavors (and makes cleanup a breeze!).

BUST OUT

- Large pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)

MORE IS MORE

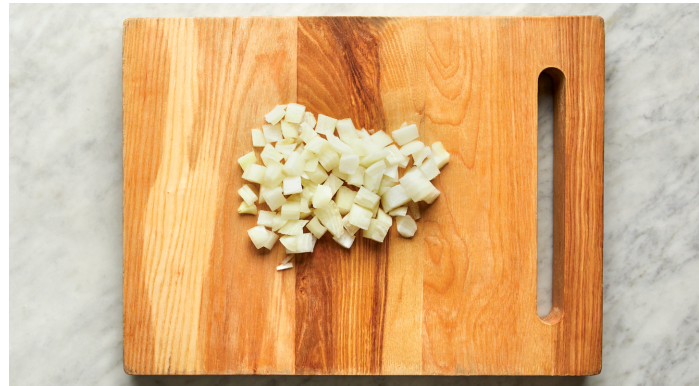
If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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Ground Beef is fully cooked when internal temperature reaches 160.

🔄 *Ground Turkey is fully cooked when internal temperature reaches 165*.



1 START PREP

- Wash and dry produce.
- Halve, peel, and dice **onion** into ½-inch pieces.



3 FINISH SOUP & PREP

- Once **soup** is boiling, uncover and cook, stirring occasionally, until pasta is al dente and beef is cooked through, 9-11 minutes. Taste and season with **salt** and **pepper** if desired.
- While soup cooks, roughly chop **parsley**.



2 START SOUP

- Heat a **drizzle of oil** in a large pot over medium-high heat. Add **beef***, **onion**, **oregano**, **Fry Seasoning**, **salt**, and **pepper**; cook, breaking up meat into pieces, until onion is softened and beef is browned, 3-4 minutes. (The **beef will finish cooking in the next step.**)
- Stir in **crushed tomatoes**, **stock concentrates**, **cavatappi**, **3½ cups water**, **½ tsp sugar**, and a **big pinch of salt** (6½ cups water and 1 tsp sugar for 4 servings).
- Increase heat to high, then cover and bring **soup** to a boil.

🔄 Swap in **turkey*** for beef.



4 SERVE

- Divide **soup** between bowls. Garnish with **parsley** and serve. **TIP: If you want to add a kick, stir in a pinch of chili flakes from your pantry!**

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