



American-Style Pulled Beef Goulash

with Cavatappi, Peppers and Sour Cream

20-min



Shredded Beef



Beef Broth Concentrate



Sour Cream



Carrot



Sweet Bell Pepper



Smoked Paprika-Garlic Blend



Crushed Tomatoes with Garlic and Onion



Worcestershire Sauce



Cavatappi

HELLO SHREDDED BEEF

Slow-cooked flavours in a fraction of the time!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Shredded Beef	250 g	500 g
Beef Broth Concentrate	1	2
Sour Cream	3 tbsp	6 tbsp
Carrot	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Worcestershire Sauce	1 tbsp	2 tbsp
Cavatappi	170 g	340 g
Unsalted Butter*	4 tbsp	8 tbsp
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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Cook pasta

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. Add **cavatappi** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 8-9 min.



Prep

While the **water** comes to a boil, core, then cut **pepper** into ½-inch pieces. Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.



Start goulash

While the **pasta** cooks, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and **carrots**. Cook, stirring occasionally, until **veggies** soften slightly, 3-4 min. Crumble **beef** into pan. Season with **salt** and **pepper**, then sprinkle with **Smoked Paprika-Garlic Blend**. Stir to combine.



Finish goulash

Stir in **crushed tomatoes**, **broth concentrate**, **Worcestershire sauce** and **1 cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Bring to a boil over high heat, then reduce heat to medium-high. Cook, stirring occasionally, until **veggies** are tender and **beef** is heated through, 6-8 min.**



Finish pasta

Drain and return the **pasta** to the same pot, off heat. Add **2 tbsp butter** (dbl for 4 ppl), then stir until melted. Season with **salt** and **pepper**.



Finish and serve

Add **2 tbsp butter** (dbl for 4 ppl) to the **goulash**, then stir until melted and combined. Divide **pasta** between bowls. Ladle **goulash** over top, then dollop with **sour cream**.

Dinner Solved!