



# Beyond Meat® Fusilli Bake

with Broccoli and Chili Flakes

VEGGIE

SPICY

30 Minutes



Beyond Meat®



Fusilli



Broccoli, florets



Baby Spinach



Crushed Tomatoes



Tomato Sauce



Garlic



Balsamic Vinegar



Chili Flakes



Italian Seasoning



Mozzarella Cheese,  
shredded

## HELLO FUSILLI

This pasta is revered for its sauce-catching corkscrew shape

# Start Strong

Before starting, preheat your broiler to high and wash and dry all produce.

## Heat Guide for Step 6:

- Mild: 1/4 tsp
- Medium: 1/2 tsp
- Spicy: 1 tsp

## Bust Out

Large Oven-Proof Pan, Measuring Spoons, Garlic Press, Large Pot, Measuring Cups

## Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Fusilli	170 g	340 g
Broccoli, florets	227 g	454 g
Baby Spinach	56 g	113 g
Crushed Tomatoes	1 box	2 box
Tomato Sauce	2 tbsp	4 tbsp
Garlic	6 g	12 g
Balsamic Vinegar	1 tbsp	2 tbsp
Chili Flakes 🌶	1 tsp	2 tsp
Italian Seasoning	1 tbsp	2 tbsp
Mozzarella Cheese, shredded	1/2 cup	1 cup
Sugar*	1 tsp	2 tsp
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.



## 1. PREP

Add **10 cups** water and **2 tsp salt** in a large pot. Cover and bring to a boil over high heat. Roughly chop **spinach**. Cut **broccoli** into bite size pieces. Peel, then mince or grate **garlic**.



## 2. COOK FUSILLI & BEYOND MEAT®

Add **fusilli** to the **boiling water**. Cook, stirring occasionally, until tender, 9-11 min. Heat a oven-proof pan over medium-high heat. When hot, add **1/2 tbsp oil**, then **Beyond Meat®**. Season with **salt** and **pepper**. Cook, breaking up into smaller pieces, until no pink remains, 4-5 min.\*\*



## 3. COOK MIXTURE

Reduce heat to medium, then add **garlic**, **tomato sauce** and **Italian seasoning** to the pan with **Beyond Meat®**. Cook, stirring often, until fragrant, 1 min. Add **crushed tomatoes**, **vinegar** and **1 tsp sugar** (dbl for 4 ppl). Simmer, stirring occasionally, until **sauce** is slightly thickened, 4-5 min. Add **spinach** and stir often, until wilted, 1 min.



## 4. ASSEMBLE BAKE

When **fusilli** is almost finished cooking, add **broccoli** to the pot. Cook, stirring occasionally, for 1 min. Reserve **1/2 cup pasta water**, then drain **fusilli** and **broccoli**. Add **fusilli**, **broccoli** and **reserved pasta water** to the pan. (Be careful! The pan will be hot.) Stir to combine. (**NOTE:** If you do not have an oven-proof pan, transfer mixture to a lightly oiled 8x8-inch or 9x13-inch baking dish.)



## 5. BROIL FUSILLI BAKE

Sprinkle over **mozzarella**. Broil in **middle** of oven, until **cheese** melts and top layer is golden-brown, 4-5 min.

## 6. FINISH AND SERVE

Divide **fusilli bake** between plates and sprinkle over **1/4 tsp chili flakes**.

(**NOTE:** Reference Heat Guide in Start Strong.)

**Dinner Solved!**

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

