



HALL OF FAME

QUICK BEEF RAGÙ SPAGHETTI

with Zucchini and Italian Seasonings



HELLO

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Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 770



Zucchini



Garlic



Ground Beef



Soy Sauce
(Contains: Soy)



Crushed Tomatoes



Chili Flakes



Yellow Onions



Thyme



Italian Seasoning



Spaghetti
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)

START STRONG


Save time on thyme by placing the tip of a stem in one hole of a fine-mesh strainer and pulling through—the leaves will pop off.

BUST OUT

- Large pot
- Large pan
- Strainer
- Olive oil (2 tsp)

INGREDIENTS

Ingredient 4-person

- Zucchini 2
- Yellow Onions 2
- Garlic 4 Cloves
- Thyme ¼ oz
- Ground Beef 20 oz
- Italian Seasoning 1 TBSP
- Soy Sauce 4 TBSP
- Spaghetti 12 oz
- Crushed Tomatoes 2 Boxes
- Parmesan Cheese ½ Cup
- Chili Flakes  1 tsp

HELLO WINE



PAIR WITH

Le Rusé Renard Pays d'Oc
Cabernet Franc, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



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-thick pieces. Halve, peel, and dice **onions**. Mince **garlic**. Strip **thyme leaves** from stems; discard stems. Roughly chop leaves.



4 COOK SPAGHETTI

Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Carefully scoop out and reserve **1 cup pasta cooking water**, then drain.



2 COOK BEEF

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **beef**, breaking up meat into pieces. Cook, tossing, until browned but not yet cooked through, 4-5 minutes. Season with **salt** and **pepper**.



5 SIMMER RAGÙ

Add **tomatoes** and reserved **pasta cooking water** to pan with beef and veggies. Bring to a boil, then reduce heat and let simmer until thick and saucy, about 5 minutes. Season with **salt** and **pepper**. **TIP:** If you have time, let the ragu simmer longer. It'll just get better!



3 START RAGÙ

Add **onions** and **zucchini** to pan with beef. Cook, tossing, until softened, about 5 minutes. Add **garlic**, **thyme**, **Italian seasoning**, and **soy sauce**. Cook until fragrant, about 30 seconds.



6 TOSS AND SERVE

Add **spaghetti** to pan with ragu and toss to combine. Divide everything between plates, then sprinkle with **Parmesan** and **chili flakes** (to taste—you may want to leave them out for kids).

FRESH TALK

Can anyone guess the secret ingredient that flavors the ragu? (It's brown and starts with an s.)

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