



Spaghetti and Beyond Meat® Patties

with Wilted Spinach and Parmesan

FAMILY

30 Minutes



Beyond Meat®



Spaghetti



Italian Seasoning



Crushed Tomatoes



Baby Spinach



Parmesan Cheese



Diced Tomatoes



Garlic

HELLO BEYOND MEAT®
You won't believe its not meat!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Garlic Press, Large Bowl, Large Non-Stick Pan, Large Pot, Measuring Cups, Measuring Spoons, Strainer, Spatula

Ingredients

	4 Person
Beyond Meat®	4
Spaghetti	340 g
Italian Seasoning	2 tbsp
Crushed Tomatoes	1 box
Baby Spinach	113 g
Parmesan Cheese	56 g
Diced Tomatoes	1 box
Garlic	6 g
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. COOK SPAGHETTI

Add **10 cups water** and **2 tsp salt** in a large pot. Cover and bring to a boil over high heat. Add **spaghetti** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water**, then drain the **spaghetti** and return to the same pot. Set aside.



4. MAKE SAUCE

Add the **crushed and diced tomatoes**, **remaining Italian seasoning** and **reserved pasta water** to the same pan. Reduce heat to medium. Cook, stirring occasionally, until slightly thickened, 3-4 min. Remove from heat. Season with **salt** and **pepper**.



2. MAKE BEYOND® MEATBALLS

While **spaghetti** cooks, peel, then mince or grate **garlic**. Add **Beyond Meat®** to a large bowl. Add **garlic** and **half the Italian seasoning**. Stir to combine. Season with **salt** and **pepper**. Roll the **Beyond Meat® mixture** into 1-inch **meatballs**. (**NOTE:** You should have 20 meatballs.)



5. FINISH PASTA

Reserve **½ cup tomato sauce**, then pour **remaining sauce** into the large pot with the **spaghetti**. Stir together until well combined and **spinach** wilts, 1-2 min.



3. COOK PATTIES

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then the **Beyond Meat®**. Using the back of a spatula, flatten each one to **½-inch patty**. Cook, until golden-brown and warmed through, 1-2 min per side. ****** Transfer the **patties** to a plate and set aside.



6. FINISH AND SERVE

Divide the **pasta** and **Beyond Meat® patties** between plates, top with **reserved tomato sauce** and sprinkle over the **Parmesan**.

Dinner Solved!

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