



NOV
2016

Tomato-Garlic Ragu

with Beef, Parmesan Cheese, and Pepperolio Oil

Everyone loves the deep beefy flavor of a ragu sauce, but who actually has the time to wait hours while it slowly simmers? Fortunately, a dash of soy sauce does the trick. Believe it or not, this secret ingredient adds a unique umami touch for that enviable slow-cooked taste.



Prep: 10 min
Total: 30 min



level 1



nut
free



Zucchini



Yellow
Onion



Garlic



Ground
Beef



Spaghetti



Italian
Seasoning



Soy
Sauce



Crushed
Tomatoes



Parmesan
Cheese



Pepperolio
Oil

Ingredients	2 People	4 People	*Not Included
Zucchini	1	2	Allergens
Yellow Onion	1	2	
Garlic	4 Cloves	6 Cloves	
Ground Beef	8 oz	16 oz	1) Wheat
Spaghetti	1) 6 oz	12 oz	2) Soy
Italian Seasoning	1 tsp	2 tsp	3) Milk
Soy Sauce	2) 1 TBSP	2 TBSP	
Crushed Tomatoes	1 Box	2 Boxes	
Parmesan Cheese	3) ¼ Cup	½ Cup	Tools
Pepperolio Oil 	1 tsp	2 tsp	Large pot, Large pan,
Olive Oil*	1 tsp	2 tsp	Strainer

Nutrition per person Calories: 699 cal | Fat: 21 g | Sat. Fat: 8 g | Protein: 41 g | Carbs: 92 g | Sugar: 16 g | Sodium: 974 mg | Fiber: 7 g

1



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 pieces. Halve, peel, and dice **onion**. Mince **garlic**.

2



2 Cook beef: Heat a drizzle of **olive oil** in a large pan over medium heat. Add **ground beef** and break up into pieces until browned but not yet cooked through, 3-4 minutes. Season with **salt** and **pepper**.

4



3 Cook spaghetti: Add **spaghetti** to boiling water. Cook until al dente, 9-11 minutes. Drain.

4 Cook veggies: Meanwhile, add **onions** and **zucchini** to pan. Toss until softened, about 5 minutes. Add **garlic**, **Italian seasoning**, and **1 TBSP soy sauce**. Cook until fragrant, about 30 seconds.

6



5 Simmer ragu: Add **tomatoes** and ½ **cup water**. Bring to a boil, then simmer on low 5 minutes. Season to taste with **salt** and **pepper**. **TIP:** If you have more time, let ragu simmer longer for even more flavor.

6 Toss and serve: Add **spaghetti** to **ragu**, and toss to coat. Serve with **Parmesan cheese** and as much **Pepperolio oil** as you can handle (careful, it's got a kick). Enjoy!

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