



Cooking Made Easy

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Fusilloni 'al Forno'

with Spinach, Homemade Marinara, and Fresh Ricotta



Oven-baked pasta (pasta *al forno*) is Italian comfort food at its finest. Even if you don't have a *Nonna*, you can still appreciate the nostalgic warmth this dish brings to the table. A pinch of nutmeg in the ricotta is our little secret—and now it's yours!

35 min

level 2

nut free



Fusilloni



Mozzarella Cheese



Crushed Tomatoes



Ricotta



Garlic



Spinach



Onion



Nutmeg



Basil

Ingredients

		2 People	4 People
Fusilloni	1)	6 oz	12 oz
Mozzarella Cheese	2)	½ C	1 C
Ricotta Cheese	2)	8 oz	16 oz
Crushed Tomatoes		1 can	2 cans
Spinach		8 oz	16 oz
Garlic		2 cloves	4 cloves
Basil		1 bunch	2 bunches
Nutmeg		1 t	2 t
Onion		1	2
Olive Oil*		1 T	2 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large Pot, Strainer, Large Oven-Proof Pan, Medium Bowl, Small Bowl

Ruler

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Nutrition per person Calories: 786 cal | Carbs: 97 g | Fat: 29 g | Protein: 39 g | Fiber: 11 g



4

1 Preheat the oven to 400 degrees. Bring a large pot of **water** with a large pinch of **salt** to a boil. Halve, peel, and dice the **onion**. Mince or grate the **garlic**. Strip the **basil leaves** from the stems, reserving both.



6

2 Heat 1 tablespoon **olive oil** in a large oven-proof pan over medium heat. Add the **onion** and cook 4-5 minutes, until soft. Add the **garlic** to the pan and cook 30 seconds, until fragrant. Set **half this onion mixture** aside in a small bowl.



7

3 Add the **fusilloni** to the boiling water and cook 9-10 minutes, until al dente. Drain and set aside.

4 Add the **spinach** and a large pinch of **nutmeg** to the pan and cook, tossing, 2-3 minutes, until wilted. Season with **salt** and **pepper**.

5 Transfer the **spinach mixture** to a medium bowl and combine with ½ cup **ricotta**. Season with **salt** and **pepper**, if necessary.

6 Return the **reserved onion mixture** to the same pan over medium heat. Add the **crushed tomatoes** and **basil stems** to the pan. Simmer for 5-7 minutes, then season with **salt** and **pepper**.



8

7 **Meanwhile, assemble the baked fusilloni:** Remove the **basil stems** from the sauce and add the **fusilloni** to the pan with the **tomato mixture** and toss to combine. Dollop with spoonfuls of the **spinach-ricotta mixture**, then sprinkle with **mozzarella**.

8 Transfer pan to the oven for about 5 minutes, until melted and bubbly. **HINT:** If you don't have an oven-proof pan, transfer the pasta to a baking dish and top with the tomato sauce and cheeses before baking.

9 Tear the **basil leaves** and sprinkle over the **baked fusilloni**. Serve divided between bowls and enjoy!