



More than Food

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Fusilloni Al Forno

with Beef, Homemade Marinara, and Fresh Ricotta

Baked pasta dishes (*pasta al forno*) are Italian comfort food at its finest. Even if you don't have a *Nonna*, you can still appreciate the home-cooked warmth that this dish brings. A pinch of nutmeg in the filling is our little secret—and now it's yours!

35 min

level 1

nut free



Ground Beef



Fusilloni



Shredded Mozzarella



Ricotta



Crushed Tomatoes



Spinach



Garlic



Basil



Nutmeg



Onion

Ingredients

	2 People	4 People
Ground Beef	8 oz	16 oz
Fusilloni	1) 6 oz	12 oz
Shredded Mozzarella	2) ½ C	1 C
Ricotta	2) 4 oz	8 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) Dairy

Tools

Large Oven-Proof Pan,

Large Pot, Strainer,

Medium Bowl

Ruler

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Nutrition per person Calories: 880 cal | Carbs: 93 g | Fat: 33 g | Protein: 54 g | Fiber: 12 g



5

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.



7

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

3 Meanwhile, 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-garlic mixture** aside.

4 Add the **ground beef** to the pan and cook, breaking the meat into pieces, until browned and cooked through. Season with **salt** and **pepper**.

5 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**.



8

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

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



9

8 Assemble the dish: add the **fusilloni** to the pan and toss to combine. Dollop with spoonfuls of the **spinach-beef mixture**, then sprinkle with **mozzarella**. **HINT:** if you do not have an oven-proof pan, complete this step in a small baking dish.

9 Transfer pan to the oven for about 5 minutes, until melted and bubbly.

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