



APR  
2016

## Creamy Poblano Bolognese

with Parmesan, Thyme, and Linguine

We're amping up the classic Italian Bolognese with one of our favorite ingredients - the poblano pepper. This faintly spicy Mexican pepper adds the perfect kick to a comforting pasta classic.



Prep: 10 min  
Total: 30 min



level 1



nut  
free



Ground Beef



Carrot



Diced Tomatoes



Parmesan  
Cheese



Thyme



Garlic



Poblano Pepper



Sour Cream



Linguine



Yellow Onion

## Ingredients

	2 People	4 People
Ground Beef	8 oz	16 oz
Linguine	1) 6 oz	12 oz
Carrot	1	2
Diced Tomatoes	1 box	2 boxes
Parmesan Cheese	2) ¼ Cup	½ Cup
Thyme	¼ oz	½ oz
Garlic	2 cloves	4 cloves
Poblano Pepper	1	2
Sour Cream	2) 2 T	4 T
Yellow Onion	1	2
Olive Oil*	3 t	6 t

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Large pot, Peeler, Large pan, Strainer

**Nutrition per person** Calories: 796 cal | Fat: 27 g | Sat. Fat: 10 g | Protein: 42 g | Carbs: 99 g | Sugar: 18 g | Sodium: 762 mg | Fiber: 10 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



**1 Prep the ingredients: Wash and dry all produce.** Bring a large pot of **salted water** to a boil. Halve, peel, and dice the **onion**. Peel and finely dice the **carrot**. Mince or grate the **garlic**. Strip the **thyme** leaves off the sprig. Core, seed, and thinly slice the **poblano**. **TIP:** If you have a food processor, you can chop the carrot and onion in it! Just cut them into large cubes before adding.

2



**2 Cook the beef:** Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **beef** and season with **salt** and **pepper**. Cook for 6-8 minutes, breaking up the meat into pieces, until golden brown. Remove from the pan and set aside.

3



**3 Cook the poblano:** Add the **poblano** to the same pan over medium-high heat. Add another drizzle of **olive oil**, if necessary. Cook, tossing for 3-4 minutes or until slightly blistered. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**. Set aside with the **beef**.

5



**4 Boil the pasta:** Add the **pasta** to the boiling water. Cook for 9-11 minutes, until al dente. Drain, reserving **1/2 cup pasta water**.

**5 Make the sauce:** While the **pasta** cooks, heat another drizzle of **olive oil** in the same pan over medium heat. Add the **onion**, **carrot**, and **thyme** and season with **salt** and **pepper**. Cook, tossing for 5 minutes until softened. Add the **beef**, **poblanos**, and the **diced tomatoes** to the pan. Bring to a simmer for 5 minutes. Season generously with **salt** and **pepper**.

**6 Toss and serve:** Add the **pasta** to the **sauce** along with a splash of **pasta water** and the **sour cream**. Toss to combine, then season to taste with **salt** and **pepper**. Serve the **pasta** with sprinkle of **parmesan** on top and enjoy!

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