



HIDDEN-VEGGIE BEEF BOLOGNESE

with Rigatoni & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



4 oz | 8 oz
Shredded Carrots



14 oz | 28 oz
Marinara Sauce



2 | 4
Veggie Stock Concentrates



1 TBSP | 2 TBSP
Italian Seasoning



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Ground Beef**



6 oz | 12 oz
Rigatoni Pasta
Contains: Wheat



1 | 2
Tomato Paste



4 TBSP | 8 TBSP
Crème Fraîche
Contains: Milk



6 TBSP | 12 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

HIDDEN VEGGIES

Boost your pasta sauce to new degrees of wholesomeness with "hidden" carrots and zucchini blended right in!



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 1090



SAUCE BOSS

Reserving a little pasta cooking water and splashing it into the simmering sauce is the Italian way to get glossy, perfectly coated pasta.

BUST OUT

- Large pot
- Strainer
- Peeler
- Large pan
- Blender
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim, peel, and halve **zucchini** lengthwise; cut crosswise into 2-inch-thick pieces.



2 BLEND SAUCE

- Place **zucchini, carrots, marinara, stock concentrates, garlic powder, Italian Seasoning, a big pinch of salt, and pepper** in a blender (or food processor).
- Blend, scraping down the sides as needed, until mostly smooth and no large pieces remain, 60-90 seconds.



3 COOK PASTA

- Once water is boiling, add **rigatoni** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1 cup pasta cooking water (2 cups for 4 servings)**, then drain.



4 COOK BEEF

- While pasta cooks, heat a **drizzle of olive oil** in a large, preferably nonstick, pan over medium-high heat. Add **beef*** and season with **salt and pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. **TIP: If there's excess grease in your pan, carefully pour it out.**



5 FINISH SAUCE

- Add **tomato paste** to pan with **beef**. Cook, stirring, until evenly coated, about 30 seconds. Reduce heat to medium low.
- Add **hidden-veggie sauce** to pan and stir to combine. Cook, stirring, until sauce has thickened slightly, 3-5 minutes.
- Stir in **crème fraîche** and **½ cup reserved pasta cooking water (1 cup for 4 servings)** until fully incorporated and sauce is smooth. Remove from heat.



6 FINISH & SERVE

- Add **drained rigatoni** to **sauce** and stir until pasta is thoroughly coated. (If needed, add additional pasta cooking water a splash at a time.) Taste and season with **salt and pepper**.
- Divide **pasta** between bowls. Sprinkle with **Parmesan** and serve.

*Ground Beef is fully cooked when internal temperature reaches 160°.