



TURKEY RAGÙ SPAGHETTI

with Zucchini & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



6 oz | 12 oz
Spaghetti
Contains: Wheat



10 oz | 20 oz
Ground Turkey



1 TBSP | 2 TBSP
Tuscan Heat
Spice



1 tsp | 2 tsp
Garlic Powder



1 | 2
Tomato Paste



2.5 oz | 5 oz
Marinara Sauce



1 | 2
Chicken Stock
Concentrate



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*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.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 760



10 oz | 20 oz
Ground Beef**

Calories: 940



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 820



HELLO

TOMATO PASTE

This pantry MVP adds rich, umami flavor to everything it touches.

WORTH YOUR SALT

When salting your pasta water, don't be shy—add a few big pinches until it tastes almost as salty as the sea!

BUST OUT

- Large pot
 - Strainer
 - Box grater
 - Large pan
 - Kosher salt
 - Black pepper
 - Cooking oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

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.

HOW WAS YOUR MEAL?



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1 PREP

- Bring a large pot of **salted water** to a boil. (TIP: Cover pot with lid to bring water to a boil more quickly.) **Wash and dry produce.**
- Trim **zucchini**; grate on the largest holes of a box grater.



3 MAKE SAUCE

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **turkey***, **Tuscan Heat Spice**, **garlic powder**, $\frac{1}{2}$ **tsp salt** (1 tsp for 4 servings), and **pepper**. Cook, breaking up meat into pieces, until lightly browned, 2-4 minutes.
- Add **zucchini** and **tomato paste**; cook, stirring, until zucchini is tender and turkey is cooked through, 2-3 minutes more.
- Stir in **marinara sauce**, **stock concentrate**, and $\frac{1}{2}$ **cup pasta cooking water** ($\frac{3}{8}$ cup for 4). Simmer until slightly thickened, 1-2 minutes.
- Reduce heat to medium low. Stir in **cream cheese**, **sour cream**, **half the Parmesan**, and **1 TBSP butter** (2 TBSP for 4) until melted and combined. Season with **salt** and **pepper**.

- Open package of **chicken*** and drain off any excess liquid.
- Cook through this step as instructed, swapping in chicken (**no need to break up into pieces!**) or **beef*** for turkey.



2 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve $\frac{3}{4}$ **cup pasta cooking water** (1 cup for 4 servings), then drain.



4 FINISH & SERVE

- Add **pasta** to pan with **sauce**; toss to coat. TIP: If needed, stir in more reserved pasta cooking water a splash at a time until pasta is thoroughly coated in sauce.
- Divide between plates or shallow bowls; sprinkle with **remaining Parmesan** and serve.

*Ground Turkey is fully cooked when internal temperature reaches 165°.

• *Chicken is fully cooked when internal temperature reaches 165°.

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