



CREAMY PARMESAN BEEF CAVATAPPI

with Zucchini & Lemon

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 1
Lemon



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



1 TBSP | 2 TBSP
Italian Seasoning



10 oz | 20 oz
Ground Beef**



1 tsp | 2 tsp
Garlic Powder



1 oz | 2 oz
Cheese Roux
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
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.

HELLO

CAVATAPPI

This bouncy spiral pasta takes its name from the Italian word for "corkscrew."



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 850



HELLO FRESH

BUST OUT

- Large pot
- Zester
- Strainer
- Large pan
- Whisk

- Kosher salt
- Black pepper
- Cooking 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.



1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; cut into ½-inch-thick half-moons. Zest and quarter **lemon**.



2 COOK PASTA

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



3 COOK ZUCCHINI

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **zucchini**; season with **1 tsp Italian Seasoning** (2 tsp for 4 servings), **salt**, and **pepper**. (You'll use more Italian Seasoning in the next step.) Cook, stirring occasionally, until softened and lightly browned, 5-7 minutes (7-10 minutes for 4).
- Turn off heat; transfer to a plate. Wipe out pan.



4 COOK BEEF

- Return same pan to medium-high heat. Add **beef***; season with **garlic powder**, **1 tsp Italian Seasoning** (2 tsp for 4 servings), **salt**, and **pepper**. (Be sure to measure the Italian Seasoning—we sent more!).
- Cook, breaking up meat into pieces, until cooked through, 4-6 minutes.



5 MAKE SAUCE

- Add **cheese roux concentrate** to pan with **beef**. Stir to combine.
- Stir in **1½ cups reserved pasta cooking water** (2 cups for 4 servings) and bring to a boil. Once boiling, reduce heat to medium and simmer, stirring constantly, until slightly thickened, 2-4 minutes. **TIP: If pasta isn't done cooking yet, ladle pasta water directly from pot.**
- Reduce heat to medium low; whisk in **cream cheese** until melted and combined. Season lightly with **pepper**.



6 FINISH PASTA

- Add **drained cavatappi**, **zucchini**, **half the Parmesan**, a **squeeze of lemon juice**, and a **pinch of lemon zest** to pan with **sauce**.
- Turn off heat; continue stirring until pasta is coated in a creamy sauce, 1 minute. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time.**
- Taste and season with **salt**, **pepper**, and more **lemon juice** if desired.



7 SERVE

- Divide **pasta** between shallow bowls and top with **remaining Parmesan**. Serve with any **remaining lemon wedges** on the side.

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