



INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



¼ oz | ¼ oz
Parsley



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



10 oz | 20 oz
Ground Beef



1 TBSP | 2 TBSP
Italian Seasoning



14 oz | 28 oz
Marinara Sauce



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk

HELLO

CAVATAPPI

This bouncy, springy pasta shape takes its name from the Italian word for corkscrew.

CAVATAPPI BEEF RAGÙ

with Parmesan & Parsley



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 970



PASTA PERFECT

If you want to check if your cavatappi is *al dente*, Italian for “to the tooth,” give one a taste! It should have a slightly undercooked bite at the center. The pasta will finish as it simmers in the sauce and reach tender, chewy perfection by the time you’re ready to eat.

BUST OUT

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

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



1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim, peel, and finely chop **carrot**. Pick **parsley leaves** from stems; roughly chop leaves.



2 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Drain.



3 COOK CARROT

- While cavatappi cooks, heat a **drizzle of oil** in a large pan over medium heat. Add **carrot**; cook, stirring, until browned and tender, 6-8 minutes. Season with **salt** and **pepper**.



4 COOK BEEF

- Increase heat under pan with **carrot** to medium high and add a **drizzle of oil**. Push carrot to one side of pan.
- Add **beef*** to empty side. Cook, breaking up meat into pieces, until browned. Sprinkle with **Italian Seasoning**. Cook, stirring, until beef is cooked through, 4-6 minutes. Season generously with **salt** and **pepper**.
- Stir carrot and beef to combine.



5 FINISH SAUCE

- Stir in **marinara** and **1/3 cup water** (1/2 cup for 4 servings). Reduce to a simmer and cook until sauce has slightly thickened, 3-4 minutes. Reduce heat to low.
- Stir in **cream cheese** until thoroughly combined.
- Add drained **cavatappi**, **1 TBSP butter** (2 TBSP for 4), and **half the chopped parsley**; stir until pasta is warmed through, 1-2 minutes. (For 4, if pan is too small, carefully transfer everything to pot used for pasta.) Season with **salt** and **pepper**.



6 SERVE

- Divide **pasta** between bowls. Top with **Parmesan** and **remaining chopped parsley**. Serve.