



OCT
2016

Baked Fusilli Pasta

with Kale and Fresh Mozzarella Cheese

We've taken our favorite lasagna recipe and deconstructed it for a simple dinner that's just as comforting as the classic. Although our chefs used penne in the past, we made a last-minute upgrade to fusilli. The mozzarella, ground beef, kale, and panko fit snugly inside the pasta's tight spirals for a burst of flavor in every creamy bite.

Prep: 10 min
Total: 30 min

level 1

nut free



Ground Beef



Fusilli Pasta



Kale



Yellow Onion



Garlic



Dried Oregano



Panko Breadcrumbs



Basil



Fresh Mozzarella



Chili Flakes



Crushed Tomatoes

Ingredients		2 People	4 People	*Not Included
Ground Beef		10 oz	20 oz	
Fusilli Pasta	1)	6 oz	12 oz	1) Wheat
Kale		4 oz	8 oz	2) Soy
Yellow Onion		1	2	3) Milk
Garlic		2 Cloves	4 Cloves	
Dried Oregano		1 t	2 t	
Panko Breadcrumbs	1) 2)	1/4 Cup	1/2 Cup	
Basil		1/2 oz	1 oz	
Fresh Mozzarella	3)	1 Cup	2 Cups	Tools
Chili Flakes 		1 t	1 t	Large pot, Strainer, Large pan, Large bowl, Medium baking dish
Crushed Tomatoes		1 Box	2 Boxes	
Olive Oil*		2 t	4 t	

Nutrition per person Calories: 900 cal | Fat: 33g | Sat. Fat: 15 g | Protein: 54g | Carbs: 101 g | Sugar: 15 g | Sodium: 747 mg | Fiber: 8 g

1



1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Bring a large pot of **salted water** to a boil. Halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Tear the **mozzarella** into small pieces. Remove and discard the **kale ribs** and **stems** before coarsely chopping the **leaves**. Pick then coarsely chop the **basil leaves**.

3



2 Boil the fusilli: Add the **fusilli** to the boiling water. Cook 9-11 minutes, until al dente. Drain.

5



3 Cook the beef: Meanwhile, heat a large drizzle of **olive oil** in a large pan over medium heat. Add the **onions**. Cook, tossing, for 4-5 minutes, until softened. Add the **beef**, **garlic**, **oregano**, and as many **chili flakes** as you like. Break up the meat into pieces, until browned.

4 Cook the kale: Add the **kale** to the pan. Toss 3-4 minutes, until wilted. Add a splash of **water**, if necessary, to help it wilt. Season with **salt** and **pepper**.

6



5 Toss: In a large bowl, combine the **fusilli**, **basil**, **beef mixture**, **crushed tomatoes**, and **half the mozzarella cheese**. Season with **salt** and **pepper**.

6 Bake and serve: Transfer the **fusilli mixture** to a lightly oiled baking dish (ours is 9"x9"). Sprinkle with the **panko breadcrumbs** and remaining **mozzarella cheese**. Place in the oven for 8-10 minutes, until browned and bubbling. Enjoy!

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