



PLANT-BASED PROTEIN RAGÙ RIGATONI BAKE

with Italian Cheese Blend & Crispy Panko

INGREDIENTS

2 PERSON | 4 PERSON



2 | 2
Scallions



1 Clove | 2 Cloves
Garlic



6 oz | 12 oz
Rigatoni Pasta
Contains: Wheat



6 oz | 12 oz
Ground Plant-
Based Protein
Contains: Soy, Tree
Nuts, Wheat



1 TBSP | 2 TBSP
Tuscan Heat
Spice



13.76 oz | 27.52 oz
Crushed Tomatoes



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



½ Cup | 1 Cup
Italian Cheese
Blend
Contains: Milk



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



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HELLO

PLANT-BASED PROTEIN RAGÙ

It has all the rich flavor of your favorite red
sauce minus the meat!



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 930



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
- Large pan
- Strainer
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (1 tsp | 2 tsp)
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Heat broiler to high. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Peel and mince **garlic**.



2 COOK PASTA

- Once water is boiling, add **rigatoni** to pot. Cook, stirring occasionally, until al dente, 10-12 minutes.
- Reserve **½ cup pasta cooking water**, then drain.



3 COOK PLANT-BASED PROTEIN

- While pasta cooks, heat a **large drizzle of oil** in a large, preferably ovenproof, pan over medium-high heat. Add **plant-based protein***. Using a spatula, press into an even layer; cook, undisturbed, until browned on bottom, 3-4 minutes. Break up protein into pieces and continue cooking until browned all over and warmed through, 3-4 minutes more.
- Add **scallion whites, garlic, Tuscan Heat Spice, salt, and pepper**. Cook, stirring, until scallion whites are slightly softened, 1 minute.



4 MAKE SAUCE & MIX PANKO

- Add **crushed tomatoes** and **1 tsp sugar** (2 tsp for 4 servings) to pan with **plant-based protein**.
- Pour in **½ cup plain water** (¾ cup for 4), **salt**, and **pepper**; bring to a boil. Reduce heat to medium low and simmer until slightly thickened, 5-7 minutes.
- Stir in **cream cheese** and **1 TBSP butter** (2 TBSP for 4) until melted and combined.
- While sauce simmers, in a small bowl, combine **panko** with **1 TBSP olive oil** (2 TBSP for 4). Season with **salt** and **pepper**.



5 TOSS & TOP PASTA

- Stir drained **rigatoni** into pan with **sauce**. If needed, stir in **reserved pasta cooking water** a splash at a time until rigatoni is thoroughly coated in sauce. Taste and season with **salt** and **pepper**. **TIP: If your pan isn't ovenproof, transfer mixture now to a baking dish.**
- Evenly sprinkle with **Italian cheese blend** and **panko mixture**.



6 FINISH & SERVE

- Broil **pasta** until cheese melts and panko is browned, 2-4 minutes. **TIP: Watch carefully to avoid burning.**
- Sprinkle with **scallion greens**. Divide between plates and serve.

*Ground Plant-Based Protein is fully cooked when internal temperature reaches 165°.