13WF

NOV 2016

Creamy Poblano Bolognese

with Parmesan, Thyme, and Linguine

We're amping up the classic Italian Bolognese with one of our favorite ingredients - the poblano pepper. This faintly spicy Mexican pepper adds the perfect kick to a comforting pasta classic.

Prep: 10 min
Total: 30 min

level 1

nut free

Ground Beef	Carrot	Diced Tomatoes	Parmesan Cheese	Thyme	Garlic

Poblano Pepper	Sour Cream	Linguine	Yellow Onion

Ingredients		2 People	4 People
Ground Beef		8 oz	16 oz
Linguine	1)	6 oz	12 oz
Carrot		1	2
Diced Tomatoes		1 Box	2 Boxes
Parmesan Cheese	2)	¼ Cup	½ Cup
Thyme		¼ oz	½ oz
Garlic		2 Cloves	4 Cloves
Poblano Pepper		1	2
Sour Cream	2)	2 TBSP	4 TBSP
Yellow Onion		1	2
Olive Oil*		3 tsp	6 tsp

Nutrition per person Calories: 777 cal | Fat: 26 g | Sat. Fat: 10 g | Protein: 45 g | Carbs: 90 g | Sugar: 15 g | Sodium: 337 mg | Fiber: 10 g

1 Prep the ingredients: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Halve, peel, and dice the **onion**. Peel and finely dice the **carrot**. Mince or grate the **garlic**. Strip the **thyme** leaves off the sprig. Core, seed, and thinly slice the **poblano**. **TIP:** If you have a food processor, you can chop the carrot and onion in it! Just cut them into large cubes before adding.

2 Cook the beef: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **beef** and season with **salt** and **pepper**. Cook for 6-8 minutes, breaking up the meat into pieces, until golden brown. Remove from the pan and set aside.

3 Cook the poblano: Add the **poblano** to the same pan over medium-high heat. Add another drizzle of **olive oil**, if necessary. Cook, tossing, for 3-4 minutes or until slightly blistered. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**. Set aside with the **beef**.

4 Boil the pasta: Add the **pasta** to the boiling water. Cook for 9-11 minutes, until al dente. Drain, reserving **½ cup pasta water**.

5 Make the sauce: While the **pasta** cooks, heat another drizzle of **olive oil** in the same pan over medium heat. Add the **onion**, **carrot,** and **thyme** and season with **salt** and **pepper**. Cook, tossing, for 5 minutes until softened. Add the **beef**, **poblanos**, and the **diced tomatoes** to the pan. Bring to a simmer for 5 minutes. Season generously with **salt** and **pepper**.

6 Toss and serve: Add the **pasta** to the **sauce** along with a splash of **pasta water** and the **sour cream**. Toss to combine, then season to taste with **salt** and **pepper**. Serve the **pasta** with sprinkle of **Parmesan** on top and enjoy!