

# HELLO Cheesy Beef and Rigatoni Bake with Veggies and Tomato Sauce

20 Minutes







( Swap

2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥



Beyond Meat® Ground Beef 500 g | 1000 g



**Ground Beef** 



250 g | 500 g



Zucchini



1 | 2





**Baby Spinach** 



56 g | 113 g

Cream Cheese



Mozzarella Cheese, shredded 34 cup | 1 ½ cup



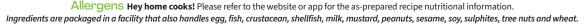
**Italian Seasoning** 1tbsp | 1tbsp



Crushed Tomatoes 369 ml | 796 ml



Garlic, cloves 2 | 4



Cooking utensils | 8x8" baking dish, colander, large non-stick pan, large pot, measuring cups, measuring spoons



# Prep

- Before starting, preheat the broiler to high.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat. Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Roughly chop spinach.
- Peel, then mince or grate garlic.



# Cook rigatoni

- Add rigatoni to the boiling water. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve ½ cup (1 cup) pasta water, then drain and return **rigatoni** to the same pot, off heat.



## Cook beef and zucchini

🚺 Swap | Mild Italian Sausage

🔘 Swap | Beyond Meat®

😢 Double | Ground Beef

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add beef and zucchini to the dry pan.
- · Cook, breaking up **beef** into smaller pieces, until no pink remains in **beef** and **zucchini** is tender-crisp, 5-7 min.\*\*
- Carefully drain and discard excess fat.



#### Make sauce

- Add garlic, half the Italian Seasoning (use all for 4 ppl) and half the garlic salt (use all for 4 ppl) to the pan with **beef** and **zucchini**. Season with **pepper**.
- · Cook, stirring often, until fragrant, 1 min.
- Add crushed tomatoes, ¼ tsp (½ tsp) sugar and reserved pasta water. Cook, stirring often, until warmed through, 1-2 min.
- Add spinach, cream cheese and half the mozzarella.
- · Cook, stirring often, until spinach is wilted and sauce is smooth.
- Season with salt and pepper.



## Assemble and broil

- Meanwhile, grease an 8x8-inch baking dish with 1/2 tsp oil. (NOTE: For 4 ppl, grease a 9x13-inch baking dish with 1 tsp oil.)
- When **sauce** is done, add to the pot with rigatoni, then stir to coat.
- Transfer rigatoni mixture to the prepared baking dish, then sprinkle remaining mozzarella over top.
- Broil in the middle of the oven until cheese melts, 3-4 min. (TIP: Keep your eye on cheese so it doesn't burn!)



## Finish and serve

- Let rigatoni bake cool for 2-3 min before serving.
- Divide rigatoni between bowls.

Measurements within steps

1 tbsp 2 person 4 person

oil

Ingredient

# 3 | Cook sausage and zucchini

## O Swap | Mild Italian Sausage

If you've opted to get **sausage**, cook it in the same way the recipe instructs you to cook the beef.\*\*

## 3 | Cook Beyond Meat® and zucchini

#### O Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, cook and plate it the same way as the beef, breaking up **patties** into smaller pieces, until crispy, 5-7 min.\*\*

#### 3 | Cook beef and zucchini

#### 2 Double | Ground Beef

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the regular portion of beef. Work in batches, if necessary.