










Cheesy Beef and Rigatoni Bake

with Veggies and Tomato Sauce






20 Minutes

 Swap	 Swap	 Double
		
Mild Italian Sausage, uncased 250 g 500 g	Beyond Meat® 2 4	Ground Beef 500 g 1000 g

 Customized Protein  Add  Swap or  *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](https://www.hellofresh.ca) 



	
Ground Beef 250 g 500 g	Rigatoni 170 g 340 g
	
Zucchini 1 2	Garlic Salt 1 tsp 1 tsp
	
Baby Spinach 56 g 113 g	Cream Cheese 1 2
	
Mozzarella Cheese, shredded ¾ cup 1 ½ cup	Italian Seasoning 1 tbsp 1 tbsp
	
Crushed Tomatoes 369 ml 796 ml	Garlic, cloves 2 4

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Salt, pepper, sugar, oil

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

1



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**.

4



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**.

2



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.

5



Assemble and broil

- Meanwhile, grease an 8x8-inch baking dish with ½ 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!)

3



Cook beef and zucchini

🔄 Swap | Mild Italian Sausage

🔄 Swap | Beyond Meat®

✖2 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.

6



Finish and serve

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

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Cook sausage and zucchini

🔄 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

🔄 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.

** Cook to a minimum internal temperature of 74°C/165°F.