

# HELLO Turkey and Zucchini Rigatoni with Parmesan Blush Sauce

with Parmesan Blush Sauce

25 Minutes





Customized Protein Add

() 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 🎥



2 | 4 250 g | 500 g



**Ground Turkey** 250 g | 500 g



1 2









Cream

Crushed Tomatoes with Garlic and Onion 1 | 2

56 ml | 113 ml





**Tomato Sauce** Base





1 tbsp | 2 tbsp

Cheese, shredded 1/4 cup | 1/2 cup



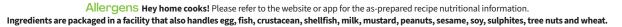
Italian Seasoning ½ tbsp | 1 tbsp



Rigatoni 170 g | 340 g



7 g | 7 g



Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons



# Cook rigatoni

- Before starting, 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.
- Add rigatoni to the boiling water.
- Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ¼ cup (½ cup) pasta water, then drain and return rigatoni to the same pot, off heat.



#### Cook zucchini

- Meanwhile, halve zucchini lengthwise, then cut into ½-inch half-moons.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then zucchini.
- Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Season with salt and pepper.
- Transfer **zucchini** to a plate, then cover to keep warm.



# Cook turkey

🔘 Swap | Mild Italian Sausage 🗋

O Swap | Beyond Meat®

2 Double | Ground Turkey

- Add ½ tbsp (1 tbsp) oil, then turkey and half the Italian Seasoning (use all for 4 ppl) to the same pan.
- Cook, breaking up turkey into smaller pieces, until no pink remains, 4-5 min.\*\*
- Season with 1/4 tsp (1/2 tsp) salt and pepper.
- Meanwhile, roughly chop parsley.



## Make sauce

- Add half the tomato sauce base (use all for 4 ppl) to the pan with turkey. Cook, stirring occasionally, until tomato sauce base is well-combined with turkey mixture, 1-2 min.
- Add crushed tomatoes, ¼ tsp (½ tsp) sugar, reserved pasta water and cream. Cook, stirring occasionally, until sauce thickens slightly, 3-4 min.
- Season with salt and pepper.



## Assemble rigatoni

- Add turkey sauce, 1 tbsp (2 tbsp) butter, zucchini and half the Parmesan to the pot with rigatoni. Toss to combine.
- Season with **salt** and **pepper**, to taste.



## Finish and serve

- Divide rigatoni between bowls.
- Sprinkle with remaining Parmesan.
- Sprinkle **parsley** over top.

Measurements within steps

1 tbsp (2 tbsp)

oil

Ingredient

## 3 Cook sausage

#### 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 **turkey**.\*\*

## 3 | Cook Beyond Meat®

#### O Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, cook it the same way as the **turkey**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.\*\*

# 3 | Cook turkey

#### 😢 Double | Ground Turkey

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