



# Cheesy Beef and Rigatoni Bake

with Veggies and Tomato Sauce

20 Minutes

Customized Protein

+ Add

Swap

or

x2 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)

Swap



Mild Italian Sausage  
250 g | 500 g

Swap



Beyond Meat®  
2 | 4



Ground Beef  
250 g | 500 g



Rigatoni  
170 g | 340 g



Zucchini  
1 | 2



Garlic Salt  
1/4 tsp | 1/2 tsp



Baby Spinach  
56 g | 113 g



Cream Cheese  
2 | 4



Mozzarella Cheese, shredded  
3/4 cup | 1 1/2 cups



Italian Seasoning  
1/2 tbsp | 1 tbsp



Crushed Tomatoes with Garlic and Onion  
1 | 2



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.*

**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.
- Bring a large pot of salted water to a boil (use same for 4 servings).
- Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Roughly chop **spinach**.
- Peel, then mince or grate **garlic**.

2



## Cook rigatoni

- To the **boiling water**, add **rigatoni**. Cook for 12-13 min, stirring occasionally, until tender but still firm to the bite.
- Reserve ¼ cup (½ cup) **pasta water**. Strain **rigatoni**, then return to the pot, off heat.

3



## Cook beef and zucchini

Swap | Mild Italian Sausage

Swap | Beyond Meat®

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

4



## Make sauce

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

5



## Assemble and broil

- Meanwhile, grease an 8x8-inch baking dish with ½ tsp oil. (**NOTE:** For 4 servings, 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 for 1-3 min, until **cheese** melts. (**TIP:** Keep your eye on cheese so it doesn't burn!)

6



## Finish and serve

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

**Measurements within steps** | 1 tbsp (2 tbsp) oil

2-serving 4-serving Ingredient

### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 3 | Cook sausage and zucchini

Swap | Mild Italian Sausage

If you've opted to get **sausage**, cook 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®**, when the pan is hot, add ½ tbsp (1 tbsp) **oil**, then **Beyond Meat®** and **zucchini**. Cook for 5-6 min, in the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy.\*\* Disregard instructions to drain excess fat.

\*\* Cook to a minimum internal temperature of 165°F.