

HELLO Turkey and Zucchini Rigatoni with Parmosan Blush Sauce

with Parmesan Blush Sauce

25 Minutes



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 降





250 g | 500 g 56 g | 113 g





250 g | 500 g







with Garlic and

56 ml | 113 ml



Tomato Sauce Base







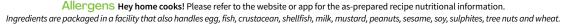


1/2 tbsp | 1 tbsp

170 g | 340 g







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



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 1/2-inch half-moons.
- Heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 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 | Ground Beef

O Swap | Beyond Meat®

- Add ½ tbsp (1 tbsp) oil, then turkey and half the Italian Seasoning (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.



3 | Cook Beyond Meat®

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey**.** Carefully drain and discard

Measurements

3 Cook beef

within steps

excess fat.

Swap | Beyond Meat®

If you've opted to get Beyond Meat®, prepare, cook and plate it the same way as the ground turkey.*

1 tbsp

(2 tbsp)

oil



Make sauce

- Add tomato sauce base to the pan with turkey. Cook, stirring occasionally, until tomato sauce base is well-combined with turkey mixture, 1-2 min.
- Add crushed tomatoes, 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, 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.

