

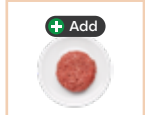


Ricotta Rigatoni Al Forno

with Spinach and Mozzarella

Veggie

35 Minutes



Beyond Meat®
2 | 4

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)



Ricotta Cheese
100 g | 200 g



Rigatoni
170 g | 340 g



Yellow Onion
1 | 2



Baby Spinach
56 g | 113 g



Garlic, cloves
3 | 6



Crushed
Tomatoes with
Garlic and Onion
1 | 2



Mozzarella
Cheese, shredded
¾ cup | 1 ½ cups



Vegetable Broth
Concentrate
1 | 2



Garlic Salt
1 tsp | 2 tsp



Chili Flakes
1 tsp | 2 tsp



Parsley
7 g | 7 g

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 | Sugar, oil, salt, pepper

Cooking utensils | Colander, medium oven-proof pan, measuring spoons, measuring cups, large pot

1



Prep

- Before starting, preheat broiler to high.
- Wash and dry all produce.
- **Heat Guide for Step 1:**
 - Mild: ¼ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Spicy: ½ tsp (1 tsp)

- 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.
- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Roughly chop **spinach**. (TIP: Place in a bowl, then chop using kitchen shears or scissors!)
- Add **half the garlic salt** and ¼ tsp (½ tsp) **chili flakes** to the container with **ricotta**. (NOTE: Reference heat guide.)
- Season with **pepper**, then stir to combine.

4



Make sauce

- Add **garlic** and **remaining garlic salt** to the pan with **onions**, then season with **pepper**. Cook, stirring often, until fragrant, 30 sec.
- Add **crushed tomatoes**, **broth concentrate** and ½ tsp (1 tsp) **sugar**. Bring to a simmer, then reduce heat to medium-low.
- Cook, stirring occasionally, until **sauce** thickens slightly, 6-8 min.

2



Cook rigatoni

- Add **rigatoni** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-13 min.
- Reserve ¼ cup (½ cup) **pasta water**, then drain **rigatoni**.

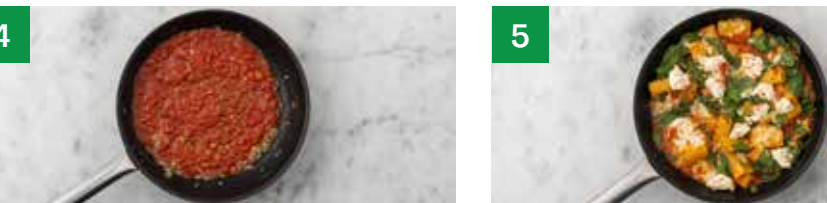
3



Cook onions

- **+ Add | Beyond Meat®**
- Meanwhile, heat a medium oven-proof pan (large oven-proof pan for 4 ppl) over medium heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender, 4-5 min.

5



Assemble and broil rigatoni

- Add **rigatoni**, **spinach**, **reserved pasta water** and **half the mozzarella** to the pan with **sauce**.
- Season with **salt** and **pepper**, to taste, then toss to combine. (NOTE: If you don't have an oven-proof pan, transfer to an 8x8-inch baking dish for 2 ppl, or 9x13-inch baking dish for 4 ppl.)
- Sprinkle with **remaining mozzarella**, then dollop **seasoned ricotta** over top.
- Broil in the **middle** of the oven until **cheese** is golden-brown, 3-5 min.

6



Finish and serve

- Let **rigatoni al forno** cool, 5 min.
- Divide between plates.
- Sprinkle **parsley** over top.
- Sprinkle with **remaining chili flakes**, if desired.

Measurements
within steps

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

3 | Cook Beyond Meat®

+ Add | Beyond Meat®

If you've opted to add **Beyond Meat®**, add **patties** to the pan while cooking **onions**. Cook, breaking up **patties** into bite-sized pieces, until cooked through, 5-6 min.**

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



Issue with your meal? Scan the QR code to share your feedback.