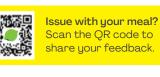


Stovetop Pastitsio-Inspired Fusilli

with Greek-Style 'Béchamel' Sauce

Discovery 30 Minutes





A salty, briny cheese with a crumbly texture!

Start here

Before starting, wash and dry all produce.

Measurements within steps	1 tbsp	(2 tbsp)	oil
	2 person	4 person	Ingredient

Bust out

Colander, measuring spoons, small pot, measuring cups, whisk, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Pork	250 g	500 g
Crushed Tomatoes with Garlic and Onion	1	2
Garlic Salt	1 tsp	2 tsp
Beef Broth Concentrate	1	2
Turkish Spice Blend	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Cream Cheese	43 g	86 g
Fusilli	170 g	340 g
Parsley	7 g	14 g
Yellow Onion	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	3 tbsp	6 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
a III - I a		

Salt and Pepper*

* Pantry items

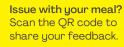
** Cook beef and pork to a minimum internal temperature of 74°C/165°F.

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.







Cook fusilli and prep

- 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, roughly chop **parsley**.
- Peel, then cut **onion** into ¼-inch pieces.
- Add fusilli to the boiling water. Cook uncovered, stirring occasionally, until tender, 9-11 min.
- Reserve ¼ cup (½ cup) pasta water, then drain and return fusilli to the same pot, off heat.



Cook beef

 Meanwhile, heat a large non-stick pan over medium-high heat.

- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **onions**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- Add beef. Cook, breaking up beef into smaller pieces, until no pink remains,
 4-5 min.**
- Carefully drain and discard excess fat.
- Season with **Turkish Spice Blend**, **garlic salt** and **pepper**. Cook, stirring often, until fragrant, 30 sec.

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **beef**.**

• Add meat sauce to the pot with fusilli.

• Once simmering, add **spinach**,

sauce thickens slightly, 2-3 min.

1 tbsp (2 tbsp) butter.

Return the pot to medium-high, then bring to

reserved pasta water, half the parsley and

• Cook, stirring often, until **spinach** wilts and

• Season with salt and pepper, to taste.



a simmer.

Make 'béchamel' sauce

- Meanwhile, add cream cheese,
 3 tbsp (6 tbsp) milk and 3 tbsp (6 tbsp) feta to a small pot.
- Heat over medium. Cook, whisking often, until **sauce** is mostly smooth and warmed through, 2-3 min.
- Add **1 tbsp** (2 tbsp) **butter**, then season with **salt** and **pepper**, to taste. Whisk until **butter** melts.
- Remove pot from heat.



• Cook, stirring occasionally, until **sauce** thickens slightly, 4-6 min.

3

6

Finish and serve

- Divide **fusilli** between plates.
- Spoon 'béchamel' sauce over top, then sprinkle with remaining parsley and remaining feta.

