



# Turkey and Zucchini Rigatoni

with Parmesan Blush Sauce

Prepped in 10

Quick

25 Minutes



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



Ground Turkey



Tofu



Zucchini



Cream



Crushed Tomatoes  
with Garlic and  
Onion



Tomato Sauce Base



Parmesan Cheese,  
shredded



Italian Seasoning



Rigatoni



Parsley

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO ITALIAN SEASONING

*Our blend of hearty herbs and zesty garlic!*

## Start here

- 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.

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Tofu	1	2
Zucchini	200 g	400 g
Cream	56 ml	113 ml
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Tomato Sauce Base	2 tbsp	2 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Italian Seasoning	½ tbsp	1 tbsp
Rigatoni	170 g	340 g
Parsley	7 g	7 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook 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.*



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

1



### Cook rigatoni

- 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.

2



### Cook zucchini

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Heat a large non-stick pan over medium-high heat.
- When 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.

3



### Cook turkey

- 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 **¼ tsp** (½ tsp) **salt** and **pepper**.
- Meanwhile, roughly chop **parsley**.

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Sprinkle with **half the Italian Seasoning** (all for 4 ppl). Add **1 tbsp** (2 tbsp) **oil**, then **tofu** to the same pan. Cook, stirring often, until golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

4



### 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**.

5



### 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.

6



### Finish and serve

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

**Dinner Solved!**