

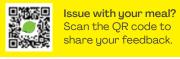
Turkey and Zucchini Rigatoni

with Parmesan Blush Sauce

Prepped in 10

Quick

25 Minutes













Crushed Tomatoes



Tomato Sauce Base

with Garlic and Onion



Parmesan Cheese, shredded



Rigatoni



Parsley



HELLO ITALIAN SEASONING

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

Bust out

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

Ingredients

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	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	⅓ cup	½ cup
Italian Seasoning	½ tbsp	1 tbsp
Rigatoni	170 g	340 g
Parsley	7 g	7 g
Oil*		
Salt and Pepper*		

- ** 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.





Cook rigatoni

- Add rigatoni to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve 1/4 cup (1/2 cup) pasta water, then drain and return rigatoni to the same pot, off heat.



Cook zucchini

- Meanwhile, halve zucchini lengthwise, then cut into ½-inch half-moons.
- Heat a large non-stick pan over mediumhigh 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.



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 1/4 tsp (1/2 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.



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.

Dinner Solved!