

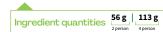
25 Minutes

💫 Customized Protein 🕒 Add 2 Double 🜔 Swap) or

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 🚱



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.



🔿 Swap

Beyond Meat[®]

2 4

Ground Beef

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.



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**.



Cook zucchini

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



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.



Cook turkey

🔇 Swap | Ground Beef

🔇 Swap | Beyond Meat®

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



Finish and serve

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



3 | Cook beef

🚫 Swap | Ground Beef

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

$\mathbf{3} \,|\, \textbf{Cook} \,\, \textbf{Beyond} \,\, \textbf{Meat} \, \mathbb{R}$

🔇 Swap | Beyond Meat®

If you've opted to get **Beyond Meat**[®], prepare, cook and plate it the same way as the **turkey**, until cooked through, 5-6 min.**

