



SUMMER TURKEY BOLOGNESE

with Basil and Zucchini

PRONTO



HELLO

BOLOGNESE

A classic meat-based sauce found in Italian cuisine

TIME: 30 MIN



Ground Turkey



Spaghetti



Basil



Zucchini



Baby Heirloom Tomatoes



Balsamic Vinegar



Parmesan Cheese



Garlic



Basil Pesto



Italian Seasoning

BUST OUT

- Measuring Cups
- Large Non-Stick Pan
- Measuring Spoons
- Large Pot
- Strainer
- Salt and Pepper
- Garlic Press
- Olive or Canola Oil
- Unsalted Butter **2**
(1 tbsp | 2 tbsp)

INGREDIENTS

2-person | 4-person

- Ground Turkey 250 g | 500 g
- Spaghetti **1** 170 g | 340 g
- Basil 7 g | 14 g
- Zucchini 200 g | 400 g
- Baby Heirloom Tomatoes 113 g | 227 g
- Balsamic Vinegar **9** 2 tbsp | 2 tbsp
- Parmesan Cheese **2** ¼ cup | ½ cup
- Garlic 6 | 12
- Basil Pesto **2,5** ¼ cup | ½ cup
- Italian Seasoning **9** 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

When cooking the pasta, starch is released into the water; that starchy pasta water helps to thicken this sauce, without adding extra ingredients.



1 PREP
Wash and dry all produce.* In a large pot, add **10 cups water** and **2 tsp salt**. (NOTE: Use same for 4 ppl). Cover and bring to a boil over high heat. While **water** boils, halve **zucchini** lengthwise, then cut into ¼-inch half moons. Halve **tomatoes**. Peel, then mince or grate **garlic**.



4 MAKE SAUCE
To the **turkey mixture**, add **pesto**, **tomatoes**, **reserved pasta water** and **1 tbsp vinegar** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.



2 COOK SPAGHETTI
To the **boiling water**, add **spaghetti**. Cook, stirring occasionally, until tender, 10-12 min. When done, reserve **¾ cup pasta water** (dbl for 4 ppl), then drain.



5 ASSEMBLE BOLOGNESE
To the **sauce**, add **spaghetti**, **half the Parmesan** and **1 tbsp butter** (dbl for 4 ppl). Remove from heat and stir together until **spaghetti** is coated.



3 COOK TURKEY & ZUCCHINI
While **spaghetti** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **turkey**, **garlic** and **Italian seasoning**. Cook, breaking up **turkey** into smaller pieces, until browned, 4-5 min. (TIP: Cook to a min. internal temp. of 74°C/165°F.***) Add **zucchini**. Cook, stirring occasionally, until tender, 3-4 min.



6 FINISH AND SERVE
Divide **summer turkey bolognese** between bowls. Sprinkle over **remaining Parmesan** and tear over **basil leaves**.

TASTY

All the ingredients in this dish blend to create an incredible depth of flavour!

