



Turkey and Zucchini Rigatoni

with Parmesan Blush Sauce

Quick

25 Minutes



Ground Turkey



Zucchini



Cream



Crushed Tomatoes with Garlic and Onion



Tomato Sauce Base



Parmesan Cheese, shredded



Italian Seasoning



Rigatoni



Parsley



Scan the QR code to download our app.

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.

Bust out

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

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Cook rigatoni

- Add **rigatoni** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl), 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 hot, add **½ tbsp oil** (dbl for 4 ppl), 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

- Add **½ tbsp oil** (dbl for 4 ppl), 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 **¼ tsp salt** (dbl for 4 ppl) and **pepper**.
- Meanwhile, roughly chop **parsley**.



Finish and serve

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

Dinner Solved!