



Turkey and Zucchini Rigatoni

with Parmesan Blush Sauce

25 Minutes

Customized Protein

+ Add

Swap

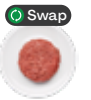
or

*2 Double

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](http://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Zucchini
1 | 2



Cream
56 ml | 113 ml



Crushed Tomatoes with Garlic and Onion
1 | 2



Tomato Sauce Base
2 tbsp | 2 tbsp



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Italian Seasoning
1/2 tbsp | 1 tbsp



Rigatoni
170 g | 340 g



Parsley
7 g | 7 g



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.

1



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.

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 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.

3



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

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.

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****

3 | Cook Beyond Meat®

[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.**

** Cook to a minimum internal temperature of 74°C/165°F.



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