



TURKEY RAGÙ SPAGHETTI

with Zucchini & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



6 oz | 12 oz
Spaghetti
Contains: Wheat



10 oz | 20 oz
Ground Turkey



1 TBSP | 2 TBSP
Tuscan Heat Spice



1 tsp | 2 tsp
Garlic Powder



1 | 2
Tomato Paste



2.5 oz | 5 oz
Marinara Sauce



1 | 2
Chicken Stock Concentrate



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Beef**

Calories: 940



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 800



HELLO FRESH

HELLO

TOMATO PASTE

This pantry MVP adds rich, umami flavor to everything it touches.

WORTH YOUR SALT

When salting your pasta water, don't be shy—add a few big pinches until it tastes almost as salty as the sea!

BUST OUT

- Large pot
- Strainer
- Box grater
- Large pan

- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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*Ground Turkey is fully cooked when internal temperature reaches 165°.

🔄 *Ground Beef is fully cooked when internal temperature reaches 160°.



1 PREP

- Bring a large pot of **salted water** to a boil. (TIP: **Cover pot with lid to bring water to a boil more quickly.**) **Wash and dry produce.**
- Trim **zucchini**; grate on the largest holes of a box grater.



3 MAKE SAUCE

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **turkey***, **Tuscan Heat Spice**, **garlic powder**, **½ tsp salt (1 tsp for 4 servings)**, and **pepper**. Cook, breaking up meat into pieces, until lightly browned, 2-4 minutes.
- Add **zucchini** and **tomato paste**; cook, stirring, until zucchini is tender and turkey is cooked through, 2-3 minutes more.
- Stir in **marinara sauce**, **stock concentrate**, and **½ cup pasta cooking water (¾ cup for 4)**. Simmer until slightly thickened, 1-2 minutes.
- Reduce heat to medium low. Stir in **cream cheese**, **sour cream**, **half the Parmesan**, and **1 TBSP butter (2 TBSP for 4)** until melted and combined. Season with **salt** and **pepper**.

🔄 Swap in **beef*** for turkey.



2 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **¾ cup pasta cooking water (1 cup for 4 servings)**, then drain.



4 FINISH & SERVE

- Add **pasta** to pan with **sauce**; toss to coat. TIP: **If needed, stir in more reserved pasta cooking water a splash at a time until pasta is thoroughly coated in sauce.**
- Divide between plates or shallow bowls; sprinkle with **remaining Parmesan** and serve.

WK 19-25