



# CAVATAPPI BEEF RAGÙ

with Parmesan & Parsley

## INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz  
Carrot



¼ oz | ½ oz  
Parsley



6 oz | 12 oz  
Cavatappi Pasta  
Contains: Wheat



10 oz | 20 oz  
Ground Beef



1 TBSP | 2 TBSP  
Italian Seasoning



14 oz | 28 oz  
Marinara Sauce



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



¼ Cup | ½ Cup  
Parmesan Cheese  
Contains: Milk

## HELLO

### CAVATAPPI

This bouncy, springy pasta shape takes its name from the Italian word for "corkscrew."



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 890



## PASTA PERFECT

If you want to check if your cavatappi is *al dente*, Italian for “to the tooth,” give one a taste! It should have a slightly undercooked bite at the center. The pasta will finish as it simmers in the sauce and reach tender, chewy perfection by the time you’re ready to eat.

## BUST OUT

- Large pot
- Peeler
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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### 1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry all produce.**
- Trim, peel, and finely chop **carrot**. Pick **parsley leaves** from stems; roughly chop leaves.



### 2 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until *al dente*, 9-11 minutes. Drain.



### 3 COOK CARROT

- While cavatappi cooks, heat a **drizzle of olive oil** in a large pan over medium heat. Add **carrot**; cook, stirring, until browned and tender, 6-8 minutes. Season with **salt** and **pepper**.



### 4 COOK BEEF

- Increase heat under pan to medium high and add another **drizzle of olive oil**. Push **carrot** to one side of pan.
- Add **beef\*** to empty side. Cook, breaking up meat into pieces, until browned. Sprinkle with **Italian Seasoning**. Cook, stirring, until beef is cooked through, 4-6 minutes. Season generously with **salt** and **pepper**.
- Stir carrot and beef together to combine.



### 5 FINISH SAUCE

- Stir in **marinara** and  $\frac{1}{3}$  **cup water** ( $\frac{1}{2}$  **cup for 4 servings**). Reduce to a simmer and cook until sauce is slightly thickened, 3-4 minutes. Reduce heat to low.
- Stir in **cream cheese** until thoroughly combined.
- Add drained **cavatappi**, **1 TBSP butter** (**2 TBSP for 4**), and **half the chopped parsley**; stir until pasta is warmed through, 1-2 minutes. (**If pan is too small for 4, carefully transfer everything into pot used for pasta.**) Season with **salt** and **pepper**.



### 6 SERVE

- Divide **pasta** between bowls. Top with **Parmesan** and **remaining chopped parsley**. Serve.

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