



RED SAUCE RIGATONI

with Kale-Packed Meatballs and Basil



HELLO STEALTHY KALE

Kale is hidden inside meatballs, meaning it's never been easier for everyone to get their greens.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 790**



Yellow Onion



Basil



Crushed Tomatoes



Meatball
Spice Blend



Panko Breadcrumbs
(Contains: Wheat)



Garlic



Tuscan Kale



Ground Beef



Rigatoni Pasta
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)

START STRONG

If you have an egg in your fridge, you can incorporate it into the meatball mixture in step 3—just beat it before adding. This will make your meatballs extra moist.

BUST OUT

- Large pot
- Large pan
- Medium bowl
- Strainer
- Olive oil (2 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------|----------|
| • Yellow Onion | 1 |
| • Garlic | 4 Cloves |
| • Basil | ½ oz |
| • Tuscan Kale | 4 oz |
| • Crushed Tomatoes | 2 Boxes |
| • Ground Beef | 20 oz |
| • Meatball Spice Blend | 2 tsp |
| • Panko Bread crumbs | ¼ Cup |
| • Rigatoni Pasta | 12 oz |
| • Parmesan Cheese | ½ Cup |

HELLO WINE



PAIR WITH

Bonelli's Eagle
Languedoc-la-Clape Rouge, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Peel, halve, and finely chop **onion**. Thinly slice **garlic**. Pick **basil leaves** from stems; discard stems. Remove stems from **kale** and discard; stack, then roll up leaves and thinly slice crosswise into shreds. Chop shreds into fine pieces. **TIP:** Use a food processor to chop kale, if you like.



4 COOK MEATBALLS

Carefully lower **meatballs** into sauce in pan. Increase heat to medium, cover, and cook 5 minutes. Uncover, carefully turn meatballs over, and continue simmering until cooked through, 5-7 minutes.



2 SIMMER SAUCE

Heat a large drizzle of **olive oil** in a large, tall-sided pan over medium-high heat. Add **onion** and cook, tossing occasionally, until softened, about 5 minutes. Add **garlic** and cook, tossing, until fragrant, about 2 minutes. Stir **tomatoes** into pan. Reduce heat to medium-low and simmer until slightly thickened, about 5 minutes.



5 COOK PASTA

Once water is boiling, add **rigatoni** to pot. Cook, stirring occasionally, until al dente, 10-12 minutes. Carefully scoop out and reserve **½ cup pasta cooking water**, then drain.



3 MAKE MEATBALLS

In a medium bowl, mix together **beef, meatball spice, panko, kale, salt, and pepper** (we used ½ tsp kosher salt). Shape mixture into 1½-inch balls (you should have about 12).



KIDS CAN HELP!



6 FINISH AND SERVE

If sauce seems thick, stir in a splash or two of **pasta cooking water**. Divide **rigatoni** between plates. Spoon **meatballs** and **sauce** on top. Sprinkle with **Parmesan**, scatter with **basil leaves**, and serve.

GENIUS!

With a sauce so tasty, no one will even notice that you snuck in some bonus kale.

Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK 31 NJ-6