



STUFFED-MEATBALL RIGATONI BAKE

with a Parmesan & Panko Crust

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



½ Cup | 1 Cup
Panko
Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Ground Beef**



1 TBSP | 2 TBSP
Tuscan Heat
Spice



6 oz | 12 oz
Rigatoni Pasta
Contains: Wheat



14 oz | 28 oz
Marinara Sauce



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.

HELLO

TUSCAN HEAT SPICE

Our blend of aromatic Italian-style herbs also packs a peppery punch.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1120



HELLO FRESH

ALL ABOUT THAT BASE

In step 1, you'll be making a *panade* (a mixture of bread and liquid—here, panko and water) as the base for your meatballs. If you've got some, you could replace the water with the same amount of milk or beef broth. Either way, this easy French technique will make your meatballs moist and tender.

BUST OUT

- Large pot
- Baking sheet
- 2 Small bowls
- Strainer
- Large bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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



1 PREP

- Adjust rack to middle position and preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil.
- Reserve **half the mozzarella** in a small bowl (**you'll use the rest in the next step**).
- In a large bowl, soak **half the panko** (**you'll use the rest later**) with **2 TBSP water** (**3 TBSP for 4 servings**); let sit until absorbed.



4 COOK PASTA & MIX PANKO

- Once water is boiling, add **rigatoni** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1 cup pasta cooking water**, then drain and set aside.
- While pasta cooks, place **1 TBSP butter** (**2 TBSP for 4 servings**) in a second small microwave-safe bowl; microwave until melted, 30 seconds. Stir in **remaining panko** and **¼ tsp Tuscan Heat Spice** (**½ tsp for 4**); season with **salt** and **pepper**. (**You'll use the rest of the Tuscan Heat Spice in the next step.**)



2 FORM MEATBALLS

- To bowl with **panko mixture**, add **beef***, **half the Tuscan Heat Spice** (**you'll use more later**), and **¾ tsp salt** (**1½ tsp for 4 servings**); combine and season with **pepper**.
- Form into four 3-inch-wide rounds (**eight rounds for 4**); divide **remaining mozzarella** between the centers of each. Gently fold meat around cheese, shaping and sealing to create cheese-stuffed meatballs.



5 SIMMER SAUCE

- Once meatballs and pasta are done, heat a large, preferably ovenproof, pan over medium-high heat. Stir in **marinara**, **remaining Tuscan Heat Spice**, **½ cup reserved pasta cooking water** (**¾ cup for 4 servings**), **1 tsp sugar** (**2 tsp for 4**), and **salt** (**we used ½ tsp; 1 tsp for 4**). Bring to a simmer and cook until slightly thickened, 3-4 minutes.
- Remove from heat; stir in **1 TBSP butter** (**2 TBSP for 4**) until melted. Season generously with **salt** and **pepper**.



3 BAKE MEATBALLS

- **Lightly oil** a baking sheet. Spread **meatballs** out across sheet.
- Bake on middle rack until cooked through, 20-22 minutes. (**It's OK if some cheese oozes out!**) Remove sheet from oven.
- Heat broiler to high.



6 FINISH & SERVE

- Stir drained **rigatoni** and **meatballs** into pan with **sauce**. If needed, stir in more **reserved pasta cooking water** a splash at a time until everything is thoroughly coated in sauce. (**TIP: If your pan isn't ovenproof, transfer mixture to a 9-by-13-inch baking dish.**) Top pasta with **Parmesan**, **reserved mozzarella**, and **panko mixture**.
- Broil until panko is golden brown and cheese melts, 1-2 minutes. **TIP: Watch carefully to avoid burning.**
- Let cool slightly, then serve.

WK 5-5