



Cooking Made Easy

HelloFresh.com | hello@hellofresh.com



MAR 2015

Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [i](#)
You'll be entered into our weekly photo contest!

Spicy Poblano Bolognese



We're amping up the classic Italian bolognese with one of our favorite ingredients — the poblano pepper. This faintly spicy Mexican pepper adds the perfect kick to a comforting pasta classic. Don't skimp on the parmesan!



35 min



level 1



nut free



Ground Beef



Fettuccine



Carrot



Onion



Diced Tomatoes



Thyme



Garlic



Poblano Pepper



Sour Cream



Parmesan Cheese

Ingredients	2 People	4 People
Ground Beef	8 oz	16 oz
Carrot	1	2
Diced Tomatoes	1 can	2 cans
Parmesan Cheese	1) ¼ C	½ C
Thyme	1 sprig	2 sprigs
Garlic	2 cloves	4 cloves
Poblano Pepper	1	2
Sour Cream	2 T	4 T
Fettuccine	2) 6 oz	12 oz
Onion	1	2
Olive Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

- 1) Milk
- 2) Wheat

Tools

Pot, Bowl,
Baking Sheet

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 839 cal | Carbs: 87 g | Fat: 34 g | Protein: 45 g | Fiber: 8 g



1 Bring a large pot of **water** to a boil with a large pinch of **salt**. Halve, peel, and dice the **onion**. Peel and finely chop the **carrot**. Strip the **thyme leaves** off the sprig. Mince or grate the **garlic**. Core, seed, and remove the white veins from the **poblano**, then thinly slice. **HINT:** If you have a food processor, you can use it to chop the **carrot** and **onion!** Just roughly chop them before adding to the bowl.



2 Heat 1 tablespoon **olive oil** in a tall-sided pan over medium heat. Add the **beef** and season with **salt** and **pepper**. Cook for 6-8 minutes, breaking up the pieces, until golden brown. Set aside.



3 In the same pan, cook the **poblanos** over medium-high heat, adding another teaspoon **olive oil** if necessary. Cook, tossing, for about 2 minutes or until slightly blistered. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**. Set aside with the ground beef.



4 In the same pan, heat another teaspoon **olive oil**. Add the **onion**, **thyme**, and **carrot** and season with **salt** and **pepper**. Cook over medium heat for about 5 minutes, until softened. Return the **beef** and **poblanos** to the pan and add the **diced tomatoes**. Let simmer for 10 minutes.

5 Meanwhile, add the **pasta** to the **boiling water**. Cook 9-10 minutes, until al dente. Drain and reserve ½ cup **pasta water**. Add pasta to the sauce along with a splash of pasta water and the **sour cream**. Toss to combine, then taste and season with **salt** and **pepper**.

6 Serve the **pasta** with sprinkle of **parmesan** on top.