



# Cheesy Beef and Rigatoni Bake

with Veggies and Tomato Sauce

20 Minutes

↔ Customized Protein

+ Add

↻ Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

↻ Swap



Mild Italian Sausage, uncased  
250 g | 500 g

↻ Swap



Beyond Meat®  
2 | 4



Ground Beef  
250 g | 500 g



Rigatoni  
170 g | 340 g



Zucchini  
1 | 2



Garlic Salt  
½ tsp | 1 tsp



Baby Spinach  
56 g | 113 g



Cream Cheese  
1 | 2



Mozzarella Cheese, shredded  
¾ cup | 1 ½ cup



Italian Seasoning  
½ tbsp | 1 tbsp



Crushed Tomatoes with Garlic and Onion  
1 | 2

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Colander, measuring spoons, measuring cups, large pot, large non-stick pan, 8x8-inch baking dish

1



## Prep

- Before starting, preheat the broiler to high.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Roughly chop **spinach**.

2



## Cook rigatoni

- Add **rigatoni** to the **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve ¼ cup (½ cup) **pasta water**, then drain and return **rigatoni** to the same pot, off heat.

3



## Cook beef and zucchini

- Swap | **Mild Italian Sausage, uncased**
- Swap | **Beyond Meat®**
- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **beef** and **zucchini** to the dry pan.
- Cook, breaking up **beef** into smaller pieces, until **zucchini** is tender-crisp and no pink remains in **beef**, 5-7 min.\*\*
- Carefully drain and discard excess fat.

4



## Make sauce

- Add **half the Italian Seasoning** (use all for 4 ppl) and **half the garlic salt** (use all for 4 ppl) to the pan with **sausage** and **zucchini**. Season with **pepper**.
- Cook, stirring often, until fragrant, 1 min.
- Add **crushed tomatoes** and **reserved pasta water**. Cook, stirring often, until warmed through, 1-2 min.
- Add **spinach**, **cream cheese** and **half the mozzarella**.
- Cook, stirring often, until **spinach** is wilted and **sauce** is smooth.
- Season with **salt** and **pepper**, to taste.

5



## Assemble and broil

- Meanwhile, grease an 8x8-inch baking dish with ½ tsp oil. (**NOTE:** For 4 ppl, grease a 9x13-inch baking dish with 1 tsp oil.)
- When **sauce** is done, add to the pot with **rigatoni**, then stir to coat.
- Transfer **rigatoni mixture** to the prepared baking dish, then sprinkle **remaining mozzarella** over top.
- Broil in the **middle** of the oven until **cheese** melts, 3-4 min. (**TIP:** Keep your eye on cheese so it doesn't burn!)

6



## Finish and serve

- Let **rigatoni bake** cool for 2-3 min before serving.
- Divide between plates.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 3 | Cook sausage

Swap | **Mild Italian Sausage**

If you've opted to get **sausage**, cook it in the same way the recipe instructs you to cook the **beef**\*\*

## 3 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **beef**, until cooked through, 5-6 min.\*\*

\*\* Cook to a minimum internal temperature of 74°C/165°F.



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