



# MOZZARELLA BURGERS - DINNER

# BEEF PASTA RAGÙ - LUNCH





**COOK IT ONCE, EAT IT TWICE**


Tonight's dinner extras transform into tomorrow's lunch.


<b>DINNER</b>	<b>TOTAL: 25 MIN</b>	<b>CALORIES: 780</b>
<b>LUNCH</b>	<b>TOTAL: 5 MIN</b>	<b>CALORIES: 860</b>


**INGREDIENTS FOR: 2-person | 4-person**


- 


Zucchini  
1 | 1
- 


Fusilli Pasta  
(Contains: Wheat)  
6 oz | 6 oz
- 


Garlic  
2 Cloves | 2 Cloves
- 


Ground Beef  
20 oz | 30 oz
- 


Tuscan Heat Spice  
1 TBSP | 1 TBSP
- 

Mozzarella Cheese  
(Contains: Milk)  
1 Cup | 1½ Cups
- 

Milk  
(Contains: Milk)  
6.75 oz | 6.75 oz
- 

Dried Thyme  
1 tsp | 1 tsp
- 

Sweet Potatoes  
2 | 4
- 

Marinara Sauce  
14 oz | 14 oz
- 

Brioche Buns  
(Contains: Eggs, Milk, Wheat)  
2 | 4

**BUST OUT** • Medium pot • Strainer • 2 Large pans • Baking sheet • Small bowl  
• 2 Reusable containers • Vegetable oil (4 tsp | 8 tsp)

**DINNER**



**1 PREHEAT AND PREP**

**Wash and dry all produce.** Adjust racks to middle and upper positions and preheat oven to 450 degrees. Bring a medium pot of **salted water** to a boil. Halve **zucchini** lengthwise, then cut crosswise into 1/4-inch-thick half-moons. Mince or grate **garlic**. Slice **sweet potatoes** into 1/4-inch-thick rounds. Once water boils, add **fusilli** to pot. Cook, stirring occasionally, until al dente, 9-12 minutes, then drain.

**2 COOK ZUCCHINI AND BEEF**

Heat a drizzle of **oil** in a large ovenproof pan over medium-high heat. Add **zucchini** and cook until tender, 4-5 minutes. Remove from pan and set aside. Heat another drizzle of oil in same pan over medium-high heat. Add **garlic** and cook until fragrant, about 30 seconds. Add half the **beef**, breaking up meat into pieces. Cook until browned, 5-6 minutes. Drain any excess grease. Season with plenty of **salt** and **pepper**. Toss in zucchini and **Tuscan heat spice**.

**3 ROAST POTATOES AND ADD SAUCE**

While beef cooks, toss **sweet potatoes** on a baking sheet with a drizzle of **oil**. Season with **salt**, **pepper**, and **thyme**. Roast in oven on upper rack until tender and lightly crisped, 20-25 minutes, tossing halfway through. Measure out 1/4 **cup marinara sauce** and place in a small bowl. Stir in a pinch of salt and pepper. Set aside. After adding zucchini and spice to pan, stir in **milk** and remaining marinara sauce. Bring to a simmer. Cook until slightly reduced, 2-3 minutes.



**4 BAKE PASTA AND PREP BURGERS**

Lower heat under pan to medium. Stir in **fusilli**. Season with **salt** and **pepper**. Remove from heat. (**TIP:** If your pan isn't ovenproof, transfer pasta to a baking dish.) Sprinkle half the **mozzarella** over pasta. Bake on middle rack of oven until cheese melts, 5-7 minutes. Set aside to cool. Split **buns** in half and toast in oven or toaster until golden, 2-3 minutes. Shape rest of **beef** into two patties and season with salt and pepper.

**5 COOK AND SERVE BURGERS**

Heat a drizzle of **oil** in another large pan over medium-high heat. (**TIP:** You can clean and use the one used for the pasta.) Add **patties** to pan and cook until just shy of desired doneness, 3-5 minutes per side. Top with reserved 1/4 **cup marinara sauce** and sprinkle with remaining **mozzarella**. Cover pan and let cheese melt, 1-2 minutes. Fill **buns** with patties, divide between plates, and serve with **sweet potatoes**.

**LUNCH**



**6 PACK LUNCH FOR TWO**

Divide **pasta** between two reusable containers. Keep refrigerated until lunchtime. When ready to eat, microwave on high until warmed through, 2-3 minutes.