



LASAGNA-BAKED FUSILLI

with Kale and Mozzarella

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1


NUT FREE



HELLO KALE

Hurray for the veg with lots of vitamin A!

INGREDIENTS:

- Yellow Onion
- Garlic
- Kale
- Mozzarella Cheese (Contains: Milk)
- Fusilli (Contains: Wheat)
- Ground Beef
- Dried Oregano
- Chili Flakes 
- Crushed Tomatoes
- Panko Breadcrumbs (Contains: Wheat)

FOR 4 PEOPLE:

- 1
- 4 Cloves
- 8 oz
- 8 oz
- 12 oz
- 20 oz
- 2 tsp
- 1 tsp
- 2 Boxes
- ½ Cup

NUTRITION PER SERVING

899 cal | Fat: 33 g | Sat. Fat: 15 g | Protein: 56 g | Carbs: 98 g | Sugar: 13 g | Sodium: 750 mg | Fiber: 7 g

START STRONG

Does mincing garlic grate on your nerves? Then grab your grater! Using a microplane or zester to break down those whole cloves is not only a time-saver, but also a way to bring out extra-garlicky flavor.



BUST OUT

- Large pot
- Large pan
- Baking dish
- Olive oil (1 TBSP)
- Strainer
- Large bowl



1 PREHEAT OVEN AND PREP

Wash and dry all produce.

Bring a large pot of water with a large pinch of **salt** to a boil. Halve, peel, and finely chop **onion**. Mince **garlic**. Remove and discard **kale** ribs and stems, then roughly chop **leaves**. Tear **mozzarella cheese** into small pieces.

2 COOK FUSILLI

Add **fusilli** to boiling water and cook, stirring occasionally. After 6 minutes, add **kale** to pot. Continue cooking until **pasta** is al dente and kale is tender, 9-11 minutes overall. Drain, reserving $\frac{1}{2}$ cup **pasta water**.

3 COOK BEEF

Meanwhile, heat a large drizzle of **olive oil** in a large pan over medium heat. Add **onion** and cook until softened, 4-5 minutes. Add **beef, garlic, oregano**, and as many **chili flakes** as you like. Cook, breaking up **meat** into pieces, until browned and no longer pink, 3-5 minutes. Season with **salt** and **pepper**.



4 ASSEMBLE LASAGNA BAKE

In a large bowl, toss together **fusilli** and **kale, beef mixture, crushed tomatoes, reserved pasta water**, and half the **mozzarella cheese**. Season with **salt** and **pepper**.

5 TOP LASAGNA

Heat broiler to high or oven to 500 degrees. Transfer mixture to a lightly-oiled baking dish (ours is 9"x13") and sprinkle with remaining **mozzarella cheese** and **panko breadcrumbs**.

6 BROIL AND FINISH

Broil the topped **fusilli mixture** until **cheese** is melted, about 3 minutes, and serve.

GOLDEN!

Next time, try penne or other short pasta.

