

## Ingredients\*

Customized ingredients



10 oz Ground Beef 🔄

SWAPPED FOR:



12 oz Dry-Aged Ground Beef 🔄



8 oz Cascatelli Pasta



6 oz Carrots



1 Yellow Onion



½ cup Part-Skim Ricotta Cheese



1 8-oz can Tomato Sauce

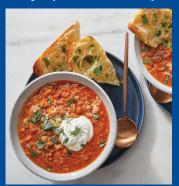


2 Tbsps Vegetarian Worcestershire Sauce



1 ½ tsps Calabrian Chile Paste





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- Fill a medium pot ¾ of the way up with salted water; cover and heat to boiling on high.
- Wash, dry, and peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Halve, peel, and small dice the onion.
- In a bowl, combine the ricotta and 1 tablespoon of olive oil; season with salt and pepper.



- Add the pasta to the pot of boiling water. Cook 13 to 15 minutes, stirring occasionally, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving ½ cup of the pasta cooking water, drain thoroughly and return to the pot.



## 3 Make the bolognese

- Meanwhile, in a large pan, heat a drizzle of olive oil on medium-high until hot.
- Add the beef and sliced carrots; season with salt and pepper.
  Cook, stirring frequently and breaking the meat apart with a spoon, 4 to 5 minutes, or until lightly browned.



- Add the diced onion; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened and the beef is browned and cooked through.
- Add the tomato sauce (carefully, as the liquid may splatter), worcestershire sauce, and as much of the chile paste as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.

## 4 Finish the pasta & serve your dish

• To the pot of cooked pasta, add the bolognese and half the reserved pasta cooking water. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).



- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the finished pasta topped with the seasoned ricotta. Enjoy!

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