

# Baked Whole Wheat Rigatoni

with Cone Cabbage & Sage

We're taking our influence for this hearty baked rigatoni from rustic northern Italian cuisine, characterized by the use of ingredients from nearby Central Europe. Earthy sage complements a sauté of Yukon Gold potato and cone cabbage (named for its unique shape), creating a base with plenty of cool-weather character. We're tossing the vegetables alongside wholesome pasta in a cheesy, creamy Fontina béchamel—a classic white sauce made by whisking milk into a roux (simply flour cooked with butter) until thickened and smooth.

## Blue Apron Wine Pairings

Backroads Cabernet Sauvignon, 2015  
Capp Heritage Vineyards Merlot, 2014



## Ingredients

½ Pound Whole Wheat Rigatoni Pasta  
¾ Cup Milk  
6 Ounces Yukon Gold Potato  
4 Cloves Garlic  
1 Cone Cabbage  
1 Yellow Onion  
1 Bunch Sage

## Knick Knacks

3 Ounces Fontina Cheese  
2 Tablespoons All-Purpose Flour  
2 Tablespoons Butter  
¼ Cup Grated Parmesan Cheese

**Makes:** 3 servings | **Calories:** about 655 per serving  
**Prep Time:** 15 minutes | **Cook Time:** 30–40 minutes



## Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/995](http://blueapron.com/recipes/995)

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### Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Medium dice the potato. Peel and small dice the onion. Cut out and discard the cabbage core; roughly chop the leaves. Pick the sage leaves off the stems; discard the stems and thinly slice the leaves. Peel and mince the garlic. Shred the Fontina cheese (discarding any rind).

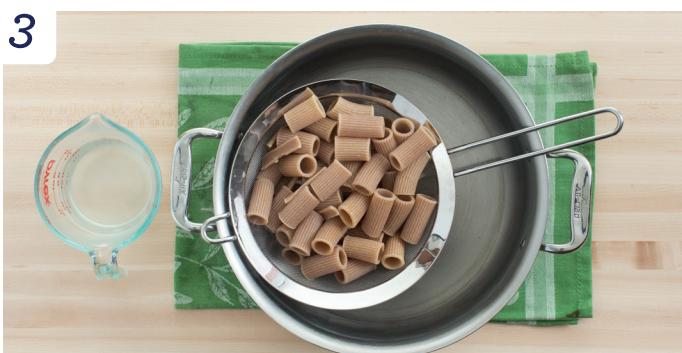
2



### Cook the vegetables:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **potato** and **onion**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until slightly softened. Add the **cabbage** and **sage**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the cabbage has wilted. Add **1 cup of water** and cook, stirring occasionally, 10 to 12 minutes, or until the water has cooked off. Remove from heat.

3



### Cook the pasta:

While the vegetables cook, add the **pasta** to the pot of boiling water. Cook 7 to 9 minutes, or until just shy of al dente (still slightly firm to the bite). Reserving **¾ cup of the pasta cooking water**, drain thoroughly. Wipe out the pot.

4



### Make the béchamel sauce:

While the vegetables continue to cook, in the same pot, melt the **butter** on medium-high until hot. Add the **garlic** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **flour** and cook, stirring frequently, 30 seconds to 1 minute, or until golden brown. Slowly whisk in the **milk** and **reserved pasta cooking water**; cook, whisking frequently, 2 to 4 minutes, or until thickened. Remove from heat and stir in **half the Fontina cheese** until well combined. Season with salt and pepper to taste.

5



### Assemble & bake the pasta:

Add the **cooked vegetables** and **cooked pasta** to the pot of **béchamel sauce**; stir to thoroughly combine and season with salt and pepper to taste. Transfer to a baking dish. Evenly top with **half the Parmesan cheese** and the **remaining Fontina cheese**; season with salt and pepper. Bake 8 to 10 minutes, or until the cheese is melted and lightly browned. Remove from the oven and let stand for 2 minutes before serving.

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### Plate your dish:

Garnish the **baked pasta** with the **remaining Parmesan cheese**. Divide **½ of the baked pasta** between 2 dishes (you will have extra). Enjoy!