

Bucatini Bolognese

with Brussels Sprouts & Pecorino Cheese

Heartier than spaghetti, bucatini pasta is the perfect vehicle for our take on bolognese—the famous meat sauce named after the northern Italian city of Bologna. Tender leaves of Brussels sprouts, stirred in with the pasta, add a fall touch to the dish—while fresh basil lends its sweet, peppery fragrance. Just before serving, we're garnishing it all with pecorino cheese to cut through the richness of the sauce.

Blue Apron Wine Pairings

Viale Sangiovese, 2015

Almez Monastrell, 2013



Ingredients

- 1½ Pounds Ground Beef
- 10 Ounces Bucatini Pasta
- 1 8-Ounce Can Tomato Sauce
- 4 Cloves Garlic
- 4 Ounces Brussels Sprouts
- 1 Carrot
- 1 Yellow Onion
- 1 Bunch Basil

Knick Knacks

- 2 Tablespoons Butter
- ¼ Cup Grated Pecorino Cheese

Makes: 4 servings

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and finely chop the garlic. Peel and small dice the carrot and onion. Cut off and discard the stem ends of the Brussels sprouts. Pick off and reserve the Brussels sprouts leaves until you reach the lighter cores; discard the cores. Pick the basil leaves off the stems; discard the stems.

2



Start the sauce:

In a large, high-sided pan (or pot), heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic, carrot and onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened and fragrant. Add the **ground beef**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 4 to 6 minutes, or until browned and cooked through.

3



Finish the sauce:

Add the **tomato sauce** and **1 cup of water** to the pan; season with salt and pepper. Bring to a simmer on high. Once simmering, reduce the heat to medium-high; cook, stirring occasionally and scraping up any browned bits from the bottom of the pan, 6 to 8 minutes, or until the sauce has thickened. Remove from heat.

4



Cook the pasta:

While the sauce cooks, add the **pasta** to the pot of boiling water. Cook 8 to 10 minutes, or until al dente (still slightly firm to the bite). Turn off the heat. Reserving **¾ cup of the pasta cooking water**, drain thoroughly and return to the pot.

5



Finish the pasta:

To the pot of **cooked pasta**, add the **finished sauce, butter, Brussels sprouts, half the basil** (tearing just before adding) and **half the reserved pasta cooking water**; season with salt and pepper. Cook on medium-high, stirring vigorously to coat the pasta, 2 to 3 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished pasta** between 4 dishes. Garnish with the **remaining basil** (tearing just before adding) and **cheese**. Enjoy!