

Creamy Beef Ragù & Elicoidali Pasta

with Spinach & Cheddar Cheese

PREP TIME: 10 minutes

COOK TIME: 20-30 minutes

SERVINGS: 4

Classic American flavors are at the heart of tonight's comforting pasta dish. The boldness of beef and cheddar are balanced by the tang of tomatoes in our rich ragù, or Italian gravy. We're seasoning it all with savory spices, including smoked paprika, garlic powder and onion powder. Elicoidali pasta, with its ridges and hollow center, is perfect for capturing the hearty meat sauce.



BLUE APRON WINE PAIRING:

Maggio Calogero Petit Verdot, 2015

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Ingredients



1 1/8 lbs
GROUND BEEF



1 15-oz can
TOMATO SAUCE



10 oz
ELICOIDALI PASTA



4 oz
CHEDDAR CHEESE



1/2 lb
SPINACH

Did You Know?

The name of this pasta means "helical" in Italian, in reference to its spiraled shape.

KNICK KNACKS:



1
SHALLOT



1 1/2 Tbsp
BEEF RAGÙ SPICE BLEND*



1/4 tsp
CRUSHED RED PEPPER FLAKES

* All-Purpose Flour, Smoked Paprika, Onion Powder, Garlic Powder, Granulated Sugar & Chile Powder



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Peel and small dice the shallot.
- ☐ Grate the cheese.
- ☐ Finely chop the spinach.

2 Cook the beef:

- ☐ In a large pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot.
- ☐ Add the **ground beef** and season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 3 to 5 minutes, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate.

3 Cook the aromatics:

- ☐ Add the **shallot** and **spice blend** to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.

4 Make the sauce:

- ☐ Add the **cooked beef**, **tomato sauce** and **½ cup of water** to the pan; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until slightly thickened.
- ☐ Turn off the heat and add the **cheese**; stir to thoroughly combine. Season with salt and pepper to taste.

5 Cook the pasta:

- ☐ While the sauce cooks, add the **pasta** to the pot of boiling water. Cook 9 to 10 minutes, or until just shy of al dente (still slightly firm to the bite).
- ☐ Reserving **½ cup of the pasta cooking water**, drain thoroughly and return to the pot.

6 Finish & serve your dish:

- ☐ Add the **spinach**, **sauce** and **half the reserved pasta cooking water** to the pot of **cooked pasta**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the spinach has wilted. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.)
- ☐ Turn off the heat and season with salt and pepper to taste. Divide the finished pasta between 4 dishes. Enjoy!

