

Beef Bolognese

with Tomatoes, Summer Squash, & Opal Basil

TIME: 35-45 minutes

SERVINGS: 4

Few dishes hit the spot quite like hearty, comforting bolognese—which we’re adapting for summertime tonight. The traditional carrot and onion meet seasonal tomatoes (which may be red or yellow) and squash, coming together in a delicious vegetable medley that lightens up the beef and pasta. For pops of color and aromatic flavor, we’re garnishing the dish with the elegant purple leaves of opal basil, a specialty variety.



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Ingredients



1 1/2 lbs
GROUND BEEF



3/4 lb
FUSILLI BUCATI
PASTA



1 15-oz can
CRUSHED
TOMATOES



2 cloves
GARLIC



1/2 bunch
OPAL BASIL



1
CARROT



1
SUMMER SQUASH



1
YELLOW ONION



6 oz
CHERRY
OR CHARM
TOMATOES

KNICK KNACKS:



2 Tbsps
CRÈME FRAÎCHE



1/3 cup
GRATED
PARMESAN
CHEESE



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1 Prepare the ingredients:

- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Halve the squash lengthwise; cut crosswise into 1/4-inch-thick pieces.
- ☐ Peel and small dice the carrot.
- ☐ Peel and small dice the onion.
- ☐ Peel and roughly chop the garlic.
- ☐ Halve the tomatoes; place in a bowl and season with salt and pepper.
- ☐ Pick the basil leaves off the stems; discard the stems.



2 Cook the squash:

- ☐ In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **squash** in a single layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned; season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until browned and softened. Transfer to a plate and set aside in a warm place. Wipe out the pan.



3 Cook the pasta:

- ☐ While the squash cooks, add the **pasta** to the pot of boiling water. Cook 8 to 9 minutes, or until just shy of al dente (still slightly firm to the bite).
- ☐ Turn off the heat. Reserving 1/2 cup of the **pasta cooking water**, drain thoroughly and return to the pot.



4 Start the sauce:

- ☐ While the pasta cooks, in the same pan, heat a drizzle of olive oil on medium-high until hot.
- ☐ Add the **ground beef**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 3 to 5 minutes, or until browned.
- ☐ Add the **carrot**, **onion**, and **garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant.



5 Finish the sauce:

- ☐ Add the **crushed tomatoes** to the pan; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the beef is cooked through and the sauce has thickened. Turn off the heat.



6 Finish the pasta & serve your dish:

- ☐ Add the **finished sauce**, **seasoned tomatoes**, and **half the reserved pasta cooking water** to the pot of **cooked pasta**. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.)
- ☐ Turn off the heat. Stir in the **crème fraîche**, **cooked squash**, and **half the basil** (tearing the leaves just before adding). Season with salt and pepper to taste.
- ☐ Divide the finished pasta among 4 dishes. Garnish with the **cheese** and **remaining basil** (tearing the leaves just before adding). Enjoy!