

Spiced Beef & Bucatini Pasta

with Zucchini & Spinach

4 SERVINGS

⌚ 35-45 MINS
















 **Blue Apron**
blueapron.com



↔ DID YOU CUSTOMIZE IT?

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Ingredients

- | | |
|---|---|
|  1 ½ lbs Ground Beef |  1 Tbsp Capers |
|  ¾ lb Bucatini Pasta or |  2 Tbsps Dried Currants |
|  2 Spaghetti Squash |  2 Tbsps Tomato Paste |
| CUSTOMIZED INGREDIENT |  2 Tbsps Crème Fraîche |
|  1 Yellow Onion |  ¼ cup Grated Parmesan Cheese |
|  2 Zucchini |  1 ½ tps Calabrian Chile Paste |
|  5 oz Baby Spinach |  2 Tbsps Butter |
|  2 cloves Garlic |  1 tsp Quatre Épices* |

*White Pepper, Nutmeg, Ginger & Cloves



Serve a bottle of Blue Apron wine with this symbol: Fruity & Savory.
blueapron.com/wine

↩ CUSTOMIZED STEP If you chose Spaghetti Squash

- Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the **squash**; using a sharp, sturdy knife, carefully halve each squash lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Drizzle the cut sides with **olive oil** and season with salt and pepper.
- Line a sheet pan with parchment paper (or foil). Transfer the **prepared squash** to the sheet pan, cut side down.
- Roast 25 to 35 minutes, or until the skin is lightly browned and the flesh easily pulls away from the skin.
- Transfer the **roasted squash** to a large bowl to cool slightly. When cool enough to handle, using a fork, scrape the flesh of the squash into the bowl; discard the skins. Separate any clumps.

1 Prepare the ingredients

- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **zucchini**. Halve, peel, and thinly slice the **onion**. Peel and roughly chop **2 cloves of garlic**.
- Place the **currants** in a bowl; cover with $\frac{1}{4}$ cup of warm water. Set aside to rehydrate at least 10 minutes.



↩ CUSTOMIZED STEP 1 If you chose Spaghetti Squash

- Prepare the ingredients as directed, but skip heating the pot of water.

2 Cook the pasta

- Add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 6 to 8 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving **1 cup of the pasta cooking water**, drain thoroughly and return to the pot.



↩ SKIP STEP 2 If you chose Spaghetti Squash

3 Brown the zucchini

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.

Step 3 continued:

- Add the **diced zucchini** in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Transfer to a plate and cover with foil to keep warm. Wipe out the pan.



4 Cook the beef & make the sauce

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef, sliced onion, chopped garlic, capers, and quatre épices**; 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 **tomato paste and chile paste**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add the **spinach, $\frac{1}{2}$ cup of water** (carefully, as the liquid may splatter), and **rehydrated currants** (including the liquid); season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly thickened and the beef is cooked through. Turn off the heat.



5 Finish & serve your dish

- To the pot of **cooked pasta**, add the **cooked beef and sauce, browned zucchini, butter, and half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Stir in the **crème fraîche** until combined. Taste; season with salt and pepper if desired.
- Serve the **finished pasta** garnished with the **cheese**. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose 2 Spaghetti Squash

- To the bowl of **squash strands**, add the **cooked beef and sauce, browned zucchini, crème fraîche, and butter**. Stir until the butter is melted and thoroughly combined. Taste; season with salt and pepper if desired.
- Serve the **finished beef and spaghetti squash** garnished with the **cheese**. Enjoy!

NUTRITION PER SERVING (AS PREPARED)**

Calories: 840, Total Carbohydrates: 81g, Dietary Fiber: 7g, Added Sugars: 0g, Total Fat: 41g, Saturated Fat: 17g, Protein: 36g, Sodium: 1050mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

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To find out about your customized recipe and wellness at Blue Apron, visit us at www.blueapron.com/pages/wellness.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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