

Calabrian Beef & Gnocchi

with Zucchini & Romano Cheese

2 SERVINGS

⌚ 20-30 MINS

 Blue Apron

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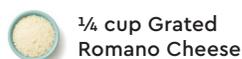
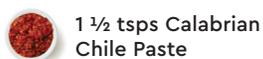
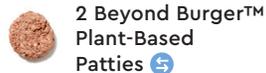


 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*



Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients



*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the **zucchini**; halve lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.



This recipe was designed for easier cleanup—no extra prep bowls needed!

2 Brown the zucchini

- In a large pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer; season with salt and pepper. Cook, without stirring, 4 to 5 minutes, or until lightly browned.
- Transfer to a bowl.
- Wipe out the pan.



3 Cook the beef & make the sauce

- In the same pan, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **beef**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 4 to 5 minutes, or until lightly browned.
- Carefully drain off and discard any excess oil.
- Add the **chopped garlic, tomato paste, and as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined and the beef is cooked through.



Step 3 continued:

- Add the **browned zucchini** and $\frac{3}{4}$ **cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the sauce is thickened.
- Turn off the heat.



CUSTOMIZED STEP 3 If you chose Beyond Burger™ Patties

- Follow the directions in Step 3, but add the **patties** (instead of beef) and break them apart with a spoon.

4 Cook the gnocchi

- Meanwhile, add **12 oz of the gnocchi** (you will have extra) to the pot of boiling water. Cook 2 to 3 minutes, or until the gnocchi float to the top of the pot.
- Turn off the heat. Drain thoroughly.



5 Finish the gnocchi & serve your dish

- Add the **cooked gnocchi** and **mascarpone** to the pan of **cooked beef and sauce**. Stir to thoroughly combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished beef and gnocchi** garnished with the **romano**. Enjoy!



CUSTOMIZED STEP 5 If you chose Beyond Burger™ Patties

- Finish the gnocchi and serve your dish as directed, using the **cooked Beyond Burger™ and sauce** (instead of beef).

NUTRITION PER SERVING (AS PREPARED)**

Calories: 970, Total Carbohydrates: 97g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 44g, Saturated Fat: 17g, Protein: 41g, Sodium: 2070mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

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