

Beef Ragù & Whole Grain Pasta

with Cheddar Cheese

TIME: 30-40 minutes

SERVINGS: 2

This perfectly wintry dish combines whole grain creste di gallo with a hearty tomato and meat sauce, complete with rich cheddar and kale.



MATCH YOUR BLUE APRON WINE



Rich & Decadent

Serve a bottle with this symbol for a great pairing.



Ingredients



10 oz
GROUND BEEF



1 15-oz can
TOMATO SAUCE



6 oz
WHOLE GRAIN
CRESTE DI GALLO
PASTA



1 bunch
KALE



1
SHALLOT



2 cloves
GARLIC

KNICK KNACKS:



1/4 tsp
CRUSHED RED
PEPPER FLAKES



2 Tbsps
GRATED
PARMESAN
CHEESE



2 oz
CHEDDAR CHEESE



Download our iOS or Android app, or log in to blueapron.com for how-to videos and supplier stories.



1 Prepare the ingredients:

- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and thinly slice the **shallot**.
- ☐ Remove and discard the **kale** stems; roughly chop the leaves.
- ☐ Peel and roughly chop the **garlic**.
- ☐ Grate the **cheddar cheese** on the large side of a box grater.

2 Cook the kale:

- ☐ In a large pan, heat a drizzle of olive oil on medium-high until hot. Add the **sliced shallot**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- ☐ Add the **chopped kale**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly wilted.
- ☐ Add **1/3 cup of water**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the kale has wilted and the water has cooked off. Season with salt and pepper to taste. Transfer to a plate. Rinse and wipe out the pan.



3 Cook the beef:

- ☐ 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, 4 to 5 minutes, or until browned and cooked through. Turn off the heat. Carefully drain off and discard any drippings from the pan.

4 Make the ragù:

- ☐ To the pan of **cooked beef**, add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until fragrant.
- ☐ Add the **tomato sauce** and **1/4 cup of water**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until slightly thickened. Turn off the heat and season with salt and pepper to taste.



5 Cook the pasta:

- ☐ While the ragù cooks, add the **pasta** to the pot of boiling water and cook 3 to 4 minutes, or until 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.



6 Finish & serve your dish:

- ☐ Add the **ragù**, **cooked kale**, **cheddar cheese**, and **half the reserved pasta cooking water** to the pot of **cooked pasta**. Cook on medium-high, stirring vigorously, 30 seconds to 1 minute, or until the pasta is thoroughly coated. (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.
- ☐ Garnish the finished pasta with the **parmesan cheese**. Enjoy!