

# Beef Ragù & Whole Grain Pasta

with Cheddar Cheese

**TIME:** 30-40 minutes

**SERVINGS:** 2

In winter, few things hit the spot quite like a cheesy, saucy bowl of pasta. This recipe combines whole grain creste di gallo (or “rooster’s crest”) with a hearty beef and tomato sauce, whose tangy-sweetness is balanced perfectly by rich cheddar. (You may receive green curly, dark green lacinato, or red kale.)



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## Ingredients



10 oz  
GROUND BEEF



1 15-oz can  
TOMATO SAUCE



6 oz  
WHOLE GRAIN  
CRESTE DI GALLO  
PASTA



1 bunch  
KALE



2 cloves  
GARLIC

## KNICK KNACKS:



¼ tsp  
CRUSHED RED  
PEPPER FLAKES



2 Tbsps  
GRATED  
PARMESAN  
CHEESE



2 oz  
CHEDDAR CHEESE



1  
SHALLOT



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## 1 Prepare the ingredients:

- ☐ Fill a large pot with water and add a **big pinch of salt**. Heat to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and thinly slice the **shallot**.
- ☐ Remove and discard the stems of the **kale**; 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** and cook, stirring frequently, 2 to 3 minutes, or until the kale has wilted and the water has cooked off.
- ☐ Transfer to a bowl and season with salt and pepper to taste. Cover with aluminum foil to keep warm. 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**, **grated 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!

