

Pasta & Chicken Bolognese

with Kale & Parmesan Cheese

TIME: 25-35 minutes

SERVINGS: 4

We're cooking up this family-friendly bolognese with ground chicken, tomatoes, kale, and classic aromatics—the perfect match for tubes of elicoidali pasta. With a dusting of parmesan, it makes for delicious cold-weather comfort food.



MATCH YOUR BLUE APRON WINE



Plush & Fruity

Serve a bottle with this symbol for a great pairing.



30
MINUTE
MEAL

Ingredients



1 1/8 lbs
GROUND
CHICKEN



1 15-oz can
CRUSHED
TOMATOES



1 lb
ELICOIDALI PASTA



1/4 cup
GRATED
PARMESAN
CHEESE



2 cloves
GARLIC



1
YELLOW ONION



2 Tbsps
TOMATO PASTE



1 bunch
KALE



2 Tbsps
MASCARPONE
CHEESE



1 Tbsp
ITALIAN
SEASONING*

* Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram



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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.
- ☐ Peel and roughly chop the **garlic**. Peel and small dice the **onion**.
- ☐ Remove and discard the stems of the **kale**; roughly chop the leaves.

2 Cook the chicken:

- ☐ In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **ground chicken**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 4 to 6 minutes, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a bowl.



3 Cook the pasta:

- ☐ While the chicken cooks, add the **pasta** to the pot of boiling water and cook 9 to 11 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- ☐ Reserving $\frac{1}{2}$ cup of the **pasta cooking water**, drain thoroughly and return to the pot.

4 Start the sauce:

- ☐ While the pasta cooks, add a drizzle of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **chopped garlic** and **diced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant.
- ☐ Add the **tomato paste** and cook, stirring constantly, 30 seconds to 1 minute, or until dark red and fragrant.



5 Finish the sauce:

- ☐ Add the **tomatoes**, **chopped kale**, **Italian seasoning**, and **1 cup of water** to the pan; season with salt and pepper. Cook, stirring frequently and scraping up any fond, 3 to 4 minutes, or until the kale is wilted and the sauce is slightly thickened.
- ☐ Add the **cooked chicken**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until coated. Turn off the heat.

6 Finish & serve your dish:

- ☐ Add the **finished sauce**, **mascarpone cheese**, and **half the reserved pasta cooking water** to the pot of **cooked pasta**; season with salt and pepper. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.)
- ☐ Garnish the finished pasta with the **parmesan cheese**. Enjoy!

