

Spicy Fettuccine & Beef Bolognese

with Zucchini

TIME: 20-30 minutes

SERVINGS: 2

Bolognese, a classic Italian meat sauce, gets a kick of heat from an unexpected ingredient: gochujang, or Korean red chile paste. It all comes together with tender squash and ribbons of fettuccine.



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30
MINUTE
MEAL

Ingredients



10 oz
GROUND BEEF



1 15-oz can
CRUSHED
TOMATOES



1/2 lb
FETTUCCINE
PASTA



1
ZUCCHINI



2 stalks
CELERY



2 cloves
GARLIC

KNICK KNACKS:



1 Tbsp
GOCHUJANG



1/4 cup
GRATED
PARMESAN
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**. Quarter the **zucchini** lengthwise; then cut crosswise into 1/2-inch-thick pieces. Thinly slice the **celery**.

2 Cook the pasta:

- ☐ Add the **pasta** to the pot of boiling water and cook 8 to 10 minutes, or until al dente (still slightly firm to the bite).
- ☐ Reserving 1/2 cup of the **pasta cooking water**, drain thoroughly.

3 Start the bolognese:

- ☐ While the pasta cooks, heat a large, high-sided, dry pan (or pot) on medium-high until hot. Add the **beef**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 2 to 3 minutes, or until lightly browned.
- ☐ Add the **chopped garlic, zucchini pieces, and sliced celery**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened and the beef is cooked through.

4 Finish the bolognese:

- ☐ To the pan, add the **tomatoes, Italian seasoning, and as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until thickened and the vegetables are softened. Turn off the heat and season with salt and pepper to taste.

5 Finish & serve your dish:

- ☐ Add the **cooked pasta and half the reserved pasta cooking water** to the pan of **finished bolognese**. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until the pasta is coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.)
- ☐ Garnish the finished pasta with **half the cheese** (you will have extra cheese). Enjoy!

