

# Calabrian Beef & Cavatappi

with Zucchini & Romano Cheese

2 OR 4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients



10 oz Ground Beef or  
20 oz for 4 servings



2 cloves Garlic



2 Tbsps Tomato  
Paste or  $\frac{1}{4}$  cup for  
4 servings



6 oz Cavatappi  
Pasta or  $\frac{3}{4}$  lb for  
4 servings



2 Tbsps Mascarpone  
Cheese or  $\frac{1}{4}$  cup for  
4 servings



1  $\frac{1}{2}$  tsps Calabrian  
Chile Paste or 1 Tbsp  
for 4 servings



1 Zucchini or  
2 for 4 servings



$\frac{1}{4}$  cup Grated  
Romano Cheese



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COOK ALONG WITH



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## 1 Prepare the ingredients

- Fill a medium pot or a large pot *if you're cooking 4 servings*  $\frac{3}{4}$  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 a drizzle of **olive oil** on medium-high until hot.
- Working in batches if necessary, 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 a drizzle 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.



## Step 3 continued:

- 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.
- 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.

## 4 Cook the pasta

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 7 to 9 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Drain thoroughly.



## 5 Finish the pasta & serve your dish

- Add the **cooked pasta** 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 pasta** garnished with the **romano**. Enjoy!

