

Calabrian Beef & Cavatappi

with Zucchini & Romano Cheese

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



🔄 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 🔄 icon) and instructions tailored to you.*

Ingredients

Customized ingredients



18 oz Ground Beef 🔄

SWAPPED FOR:



16 oz Plant-Based Ground Beyond Beef™ 🔄



1/4 cup Grated Romano Cheese



3/4 lb Cavatappi Pasta



2 cloves Garlic



1/4 cup Tomato Paste



2 Zucchini



1/4 cup Mascarpone Cheese



1 Tbsp Calabrian Chile Paste



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

Cook along on the app



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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a large pot $\frac{3}{4}$ 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 two batches, 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 plate.
- Wipe out the pan. Cover with foil to keep warm.



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.
- Carefully drain off and discard any excess oil.



Step 3 continued:

- 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.

CUSTOMIZED STEP 3 If you chose Beyond Beef™

- Follow the directions in Step 3, using the **Beyond Beef™**.

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 and return to the pot.



5 Finish the pasta & serve your dish

- Add the **cooked beef and sauce** and **mascarpone** to the pot of **cooked pasta**. Stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** garnished with the **romano**. Enjoy!



CUSTOMIZED STEP 5 If you chose Beyond Beef™

- Finish the pasta and serve your dish as directed, using the **cooked Beyond Beef™** and **sauce**.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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