

Fresh Pappardelle Bolognese

with Romaine, Celery & Apple Salad

Before supermarkets and large-scale farms, people only ate locally. Meals were made entirely from ingredients grown and produced close by. For this dish, we're bringing that idea back! Bolognese is a classic meat sauce from Bologna, the capital of the Emilia-Romagna region of Northern Italy. And Parmesan cheese is from exactly same area. We're pairing them here with, along with local American produce. The result is a meal that's globally local. Enjoy, chefs!



Ingredients

- 1 Pound Ground Beef
- 1 Pound Fresh Pappardelle Pasta
- 2 Carrots
- 2 Stalks Celery
- 2 Cloves Garlic
- 1 Apple
- 1 Head Romaine Lettuce
- 1 Large Bunch Parsley
- 1 Lemon
- 1 Yellow Onion

Knick Knacks

- 4 Tablespoons Tomato Paste
- 3 Tablespoons Beef Demi-Glace
- 1 Fresh Bay Leaf
- ¼ Cup Heavy Cream
- ¾ Cup Grated Parmesan Cheese

Makes 4 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp1

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Medium dice the onion. Peel and mince the garlic. Thinly slice half the celery; small dice the remaining celery. Peel and small dice the carrots. Quarter the lemon and remove the seeds. Cut the apple into thin matchsticks; toss with **the juice of 2 lemon wedges** to prevent browning. Remove and discard the root of the lettuce; roughly chop the leaves. Pick the parsley leaves off the stems; discard the stems. Roughly chop half the parsley leaves; keep the remaining leaves whole.

2



Start the sauce:

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, carrots, onion, diced celery** and **bay leaf**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until softened. Add the **tomato paste**; cook, stirring frequently, 2 to 3 minutes, or until fragrant and the tomato paste is dark red in color.

3



Cook the beef:

While the vegetables cook, in a large pan (nonstick, if you have one), heat 1 teaspoon 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, 5 to 7 minutes, or until browned. Remove from heat. Carefully drain off and discard any rendered fat in the pan.

4



Finish the sauce:

To the pot of vegetables, add the **cooked beef, beef demi-glace, heavy cream** and **2½ cups of water**; stir until well combined. Heat to boiling on high, scraping up any browned bits from the bottom of the pot; season with salt and pepper. Once boiling, reduce the heat to medium-high; simmer, stirring occasionally, 14 to 16 minutes, or until thickened and slightly reduced in volume. Remove from heat.

5



Cook & finish the pasta:

Add the **pasta** to the pot of boiling water; cook 2 to 3 minutes, or until al dente (still slightly firm to the bite). Reserve **½ cup of the pasta water**; drain the cooked pasta and transfer it directly to the pot of **sauce** along with the **reserved pasta water**. Cook on medium, stirring to coat the noodles in the sauce, 1 to 2 minutes, or until well combined. Stir in **half the Parmesan cheese**. Remove from heat; season with salt and pepper to taste.

6



Assemble the salad & serve your dish:

In medium bowl, combine the **lettuce, sliced celery, apple, whole parsley, all but a pinch of the remaining Parmesan cheese** and **the juice of the remaining lemon wedges**; drizzle with olive oil and toss to coat. Season with salt and pepper to taste. Transfer the **salad** and **finished pasta** to serving dishes. Garnish the pasta with the **chopped parsley** and **remaining Parmesan cheese**. Enjoy!