



In your box

- 8 fl. oz. Marinara Sauce
- 1 oz. Shredded Parmesan Cheese
- 4 oz. Carrot & Celery Blend
- 8 oz. Cooked Spaghetti
- ¼ oz. Parsley
- 2 tsp. Beef Flavor Demi-Glace Concentrate

Customize It Options

- 10 oz. Ground Beef
- 8 oz. Italian Pork Sausage Links
- 12 oz. Impossible Burger
- 10 oz. Ground Turkey
- 20 oz. Double Portion Ground Beef

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

15 Minute Meal Kit



Spaghetti Bolognese

with Parmesan and parsley

NUTRITION per serving—Calories: 670, Carbohydrates: 52g, Sugar: 10g, Fiber: 6g, Protein: 40g, Sodium: 1590mg, Fat: 33g, Saturated Fat: 12g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry

Customize It Instructions

- If using **20 oz. ground beef**, follow same instructions as 10 oz. ground beef, working in batches if necessary.
- If using **ground turkey**, follow same instructions as ground beef in Step 3, breaking up turkey until no pink remains and turkey reaches minimum internal temperature, 7-9 minutes.
- If using **Italian sausage**, remove sausage from casing, if necessary. Follow same instructions as ground beef in Step 3, breaking up sausage until no pink remains and sausage reaches minimum internal temperature, 4-6 minutes.
- If using **Impossible burger**, follow same instructions as ground beef in Step 3, breaking up burger until heated through, 4-6 minutes.



1. Start the Sauce

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **carrot and celery blend** to hot pan and stir occasionally until slightly softened, 3-5 minutes.
- While vegetables cook, prepare parsley.



2. Prepare the Parsley

- Mince **parsley**, leaves and stems.



3. Finish the Sauce

- Add **ground beef**, ½ tsp. **salt**, and a pinch of **pepper** to hot pan. Break up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- Stir in **demi-glace**, **marinara**, and a pinch of salt. Bring to a simmer.
- Once simmering, cook until slightly thickened, 1-2 minutes.
- Stir in **pasta** until combined and heated through. Remove from burner.



4. Finish the Dish

- Plate dish as pictured on front of card, garnishing with **parsley** and **cheese**. Bon appétit!