



## Unstuffed Shells with Ground Beef & Spinach Salad

 35min  2 Servings

This deconstructed version of stuffed shells has all the flavors of the classic dish without the extra work! Pasta shells bake in a tangy bed of marinara sauce with Parmesan-ricotta dollops spooned over top. While the shells bake, we combine lemon juice, mayonnaise and Parmesan to create a creamy dressing for a simple spinach salad. A final sprinkle of chopped parsley finishes the velvety pasta.



## What we send

- 6 oz pasta shells <sup>1</sup>
- ¾ oz Parmesan <sup>7</sup>
- garlic
- 4 oz ricotta <sup>7</sup>
- 10 oz pkg grass-fed ground beef
- 2 (8 oz) marinara sauce
- ¼ oz fresh parsley
- 1 lemon
- 1 oz mayonnaise <sup>3,6</sup>
- 5 oz baby spinach
- 1 pkt crushed red pepper

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- medium pot
- colander
- microplane or grater
- medium baking dish

## Cooking tip

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## Allergens

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1090kcal, Fat 43g, Carbs 93g, Protein 56g



### 1. Cook pasta

Preheat oven to 375°F with a rack in the center.

Bring a medium pot of **salted water** to a boil. Add **pasta shells** and cook for 6 minutes (they will be underdone). Reserve **½ cup cooking water** and drain pasta.

Finely grate **Parmesan**. Grate **2 teaspoons garlic**.



### 4. Bake pasta

Bake **pasta** on the center rack for 15 minutes. Switch oven to broiler and broil until the pasta is bubbly and browned around the edges, about 2 minutes (watch closely as ovens vary).



### 2. Prep ricotta & cook beef

In a small bowl, stir to combine **ricotta** and **half of the Parmesan**. Season to taste with **salt** and **pepper**.

While **pasta** cooks, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **beef** and **a pinch of salt**; cook, breaking up into smaller pieces, until browned and cooked through, about 5 minutes (drain off any excess fat, if desired).



### 5. Make salad dressing

Pick **parsley leaves** from stems and coarsely chop; discard stems. Squeeze **2 teaspoons lemon juice** into a medium bowl.

To bowl with lemon juice, add **mayonnaise, remaining grated garlic and Parmesan, 1 tablespoon oil**, and **1 teaspoon water**. Season to taste with **salt** and **pepper**.



### 3. Assemble pasta

In a medium baking dish, combine the **marinara, reserved cooking water**, and **half of the garlic**. Stir in **pasta** and **ground beef** and spread in an even layer.

Dollop **ricotta mixture** all over pasta.






### 6. Finish & serve

Add **spinach** to the **dressing** and toss to coat. Finish with **a few cracks of black pepper**.

Garnish **unstuffed shells** with **parsley** and sprinkle with **red pepper flakes**, if desired. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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