



Family Friendly! Pasta Bolognese

with Garlicky Sautéed Kale



2h



2 Servings

Ragù alla Bolognese originates from the city of Bologna in Northern Italy. A combination of browned aromatics, beef, pork, tomatoes, and—believe it or not—milk, the rich flavors meld together to create a thick sauce perfect for tossing with a hearty noodle. Fun fact: the milk's natural sweetness balances the acidity of the tomatoes while the sauce cooks. (2p serves 4; 4p serves 8)

What we send

- 1 yellow onion
- 1 carrot
- 2 oz celery
- garlic
- 10 oz pkg grass-fed ground beef
- 10 oz pkg ground pork
- 8 oz milk³
- 14½ oz can whole peeled tomatoes
- 2 pkts beef broth concentrate
- ½ oz fish sauce¹
- 1 bunch Tuscan kale
- 2 (6 oz) rigatoni²
- 3 oz mascarpone³
- 2 (¾ oz) Parmesan³

What you need

- unsalted butter³
- olive oil
- kosher salt & ground pepper

Tools

- food processor (optional)
- large ovenproof pot
- large pot
- medium skillet
- colander
- microplane or grater

Cooking tip

For a richer and more complex sauce, reduce oven temperature to 300°F and bake sauce for 3 hours, stirring and scraping sides of pot occasionally.

Allergens

Fish (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 980kcal, Fat 46g, Carbs 86g, Protein 40g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center. Finely chop **onion, carrot, celery, and 2 medium garlic cloves**. Alternatively, cut **vegetables** into 1-inch chunks and pulse in a food processor until finely chopped, about 15-20 pulses. In a large ovenproof pot, heat **2 tablespoons each butter and oil** over medium. Add chopped vegetables and **a pinch of salt**.



4. Blanch kale

Strip **kale leaves** from tough stems, discard stems. Tear or chop leaves into bite-sized pieces. Finely chop **2 medium garlic cloves**. Add kale to **boiling water**; cook until dark green and tender, 4-5 minutes. Using a slotted spoon or tongs, transfer kale to an ice bath; chill until cool enough to handle, then drain in a colander. Reserve boiling water for cooking **pasta**.



2. Begin sauce

Cook **vegetables**, stirring occasionally, until softened but not browned, 6-8 minutes. Add **beef** and **pork**; increase heat to medium-high. Cook, breaking up meat with a potato masher or wooden spoon, until no longer pink and liquid has mostly evaporated, 4-5 minutes; season with **salt** and **pepper**. Add **milk**; simmer, stirring occasionally, until mostly evaporated, 8-12 minutes.



5. Sauté kale

To a medium skillet, add **garlic** and **¼ cup oil**; cook over medium heat until just starting to brown, 2-3 minutes. Add **kale**; cook, stirring occasionally, until very tender, 4-5 minutes. Season to taste; remove from heat. Keep warm.

When **sauce** is done cooking, add **pasta** to boiling water. Cook, stirring, until al dente, 10-11 minutes. Reserve **¼ cup cooking water**; drain pasta.



3. Simmer sauce

To pot, add **tomatoes, broth concentrate, fish sauce, and 1 cup water**. Crush tomatoes in pot with a potato masher or wooden spoon; bring to a simmer. Transfer pot to oven, uncovered, and cook until **sauce** has reduced by $\frac{2}{3}$ and is darkened in color, about 1 hour.

Meanwhile, bring a large pot of **salted water** to a boil.



6. Finish pasta & serve

Add **pasta, half of the mascarpone, and reserved cooking liquid to sauce**. Cook over medium-high heat, stirring frequently, until sauce coats pasta, 1-2 minutes; remove from heat. Into pasta, finely grate **1½ blocks of Parmesan**; stir until incorporated. Season to taste with **salt** and **pepper**. Divide between bowls; grate over **remaining Parmesan**. Serve with **kale**. Enjoy!