

# DINNERLY



## Gluten-Free Penne Bolognese with Parmesan



20-30min



2 Servings

This is a quick and easy bolognese that's really flavorful and comforting. Carrots add sweetness (and also veggies hidden in deep cover for any haters) and butter adds a silky richness to the sauce. Plus, it's gluten-free penne, not regular pasta. Just to make it super special for you. We've got you covered!

### WHAT WE SEND

- 1 carrot
- 10 oz pkg grass-fed ground beef
- 8 oz tomato sauce
- 6 oz gluten-free penne
- $\frac{3}{4}$  oz Parmesan <sup>7</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>
- garlic

### TOOLS

- large saucepan
- microplane or grater
- medium skillet

### ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 690kcal, Fat 33g, Carbs 48g, Protein 41g



#### 1. Prep ingredients

Bring a large saucepan of **salted water** to a boil over high.

Scrub **carrots**, trim ends, then quarter lengthwise and thinly slice crosswise into small pieces. Finely chop **2 teaspoons garlic**.

Finely grate **Parmesan**, if necessary.



#### 2. Cook carrots

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **carrots** and a **pinch of salt**; cook, stirring, until slightly tender and golden, 5–8 minutes. Stir in **chopped garlic** and cook, stirring occasionally, until fragrant, about 1 minute.



#### 3. Cook beef in sauce

To skillet with **carrots**, add **beef** and a **pinch of salt**; cook, breaking up meat into smaller pieces, until browned all over, about 5 minutes. Stir in **tomato sauce** and  **$\frac{1}{2}$  cup water**; bring to a rapid boil over high. Reduce heat to medium and cook until sauce is thickened and coats the back of a spoon, 8–10 minutes.



#### 4. PENNE VARIATION

While **sauce** cooks, add **pasta** to saucepan with boiling **salted water**. Cook, stirring, until al dente, 9–12 minutes. Reserve  **$\frac{1}{4}$  cup cooking water**, then drain well.



#### 5. Finish & serve

To skillet with **sauce**, add **half of the Parmesan** and **1 tablespoon butter**. Reduce heat to medium and stir until butter is melted. Stir in **pasta** and **reserved cooking water**; cook until **sauce** is thickened and glossy, about 1 minute. Season to taste with **salt** and **pepper**.

Serve **pasta** topped with **remaining Parmesan**. Enjoy!



#### 6. Spice it up!

Sprinkle in some crushed red pepper flakes to the sauce when cooking it down in step 3!