



MEAL KIT

*Look for regular rotations to the menu for new and seasonal meal choices.*

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.

### DID YOU KNOW?

*Originating in Bologna, Italy, Bolognese is often used to describe a tomato-based meat sauce. It is classically made with a mixture of beef and pork and served with wide flat noodles such as pappardelle, tagliatelle, or fettuccini.*

**INGREDIENTS:** Marinara Sauce, Pappardelle, Extra Lean Ground Beef, Romaine, Caesar Dressing, Parsley, Croutons, Liquid Egg, Parmesan, Asiago Cheese, Pecorino Romano, Lemon, Green Pepper, Yellow Onion, Whole Milk, Sea Salt, Organic Ketchup, Organic Sugar, Organic Vinegar, Salt, Garlic, Worcestershire Sauce, Thyme, Black Pepper, Red Hot Sauce

**ALLERGENS:** egg, wheat, fish, soy, milk



At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.

metropolitanmarket



MEAL KIT

*All ingredients included!*

See details on back of package.

# BEEF BOLOGNESE PAPPARDELLE

HEARTY MEAT SAUCE WITH LOCALLY MADE FRESH PASTA,  
PECORINO ROMANO CHEESE, AND CAESAR SALAD

SERVES 2 | CUSTOMER FAVORITE



### TOOLS YOU'LL NEED:

- Medium non-stick skillet
- Medium mixing bowl
- Colander
- Tongs
- Medium sauce pan
- Cutting board
- Chef's knife

KEEP REFRIGERATED



### 1. BOIL WATER

- Fill the pot 3/4 with water and bring to boil on medium heat.
- Meanwhile, complete steps 2-4.



### 2. PREPARE PARSLEY

- Pick **parsley** leaves from stem and stack leaves together.
- Slice into thin ribbons and set aside.

**PRO-TIP:** The technique of stacking, rolling, and slicing herb leaves is known as "chiffonade."



### 3. HEAT SKILLET + PREPARE MEATLOAF

- Heat the skillet on medium-high heat.
- Break up **cooked Italian meatloaf** with fork or hands and crumble into skillet, heat until brown.

**CHEF'S HACK:** Meatloaf has all the flavors and seasonings to create a fast, easy meat sauce.



### 4. ADD + HEAT SAUCE

- Pour **marinara sauce** into skillet with meatloaf.
- Stir occasionally until sauce begins to simmer, turn down the heat to low. Cook 2-3 minutes more until the meatloaf has blended into the sauce but still has some chunks.



### 5. BOIL PASTA

- Place the **fresh pappardelle pasta** in the boiling water.
- Boil gently for 3-4 minutes until the pasta begins to float and is tender.
- Reserve 1/2 cup of pasta water before draining.



### 6. DRAIN PASTA + MIX WITH SAUCE

- Pour the pasta into colander and add to sauce pan.
- Use the tongs or spatula to gently toss together.
- Remove from heat.

**PRO TIP:** If you like a thinner sauce, add half a cup of pasta water to sauce.



### 7. MIX CAESAR SALAD

- Pour the dressing from the **Caesar Salad Kit** and squeeze the lemon into a medium bowl.
- Add the rest of the Caesar Salad Kit.
- Mix to combine.

**PRO TIP:** Dress the bowl, not the salad. This method will give you evenly coated greens with no dressing clumps.



### 8. PLATE + GARNISH

- Divide the salad between two small bowls or plates.
- Divide the pasta between two plates and pour any remaining sauce on top.
- Sprinkle with **Pecorino Romano Cheese** and sliced parsley.