



Everything
But The Chef

hello@hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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Chicken, Sage & Pistachio Sausage Pasta

As with any good Italian dish, our chicken, sage and pistachio pasta's simplicity belies its brilliance. This sausage mix is easy to cook up, and robust enough in flavour to season the whole dish! Cooking the pasta and broccoli together saves on time and water, and using that lovely starchy pasta water ensures your dish is saucy and all the flavours unite together for a delight in every bite.

Prep: 10 mins
Cook: 20 mins
Total: 30 mins

level 1
 high protein
 high fibre
 eat me early

Pantry Items



Olive Oil



Conchiglie Pasta



Broccoli



Chicken, Sage & Pistachio Sausages



Lemon



Pamesan Cheese



Parsley

2P	4P	Ingredients
4	8	chicken, sage & pistachio sausages
250 g	400 g	conchiglie pasta
1 head	2 heads	broccoli, cut into small florets
½	1	lemon, zested & juiced
½ block	1 block	Parmesan cheese, finely grated
1 bunch	2 bunches	parsley, finely chopped
2 tbs	4 tbs	olive oil *

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3650	Kj
Protein	44.3	g
Fat, total	35.4	g
-saturated	9.6	g
Carbohydrate	88.8	g
-sugars	0.7	g
Sodium	1090	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, zester, grater, medium frying pan, small bowl, spoon, and a large pot.

1 Heat a medium frying pan over a medium-high heat. Add the **chicken, sage & pistachio sausages** and cook turning for **7-8 minutes** or until cooked through. Remove from the pan and slice diagonally. Throw the sausage slices back into the same pan over a medium-high heat and cook for **2 minutes**, turning, or until caramelised.



2 Meanwhile, bring a large pot of salted water to the boil. Add the **conchiglie pasta** and cook for **6 minutes**. Then, add the **broccoli florets** and cook for a further **3 minutes**. Reserve 2 tablespoons of pasta water in a small bowl and then drain. Return the pasta and broccoli to the pot.

3 In the small bowl containing the reserved pasta water, combine the **lemon zest and juice, Parmesan cheese, parsley, and the olive oil**. Add to the pasta and broccoli with the sliced sausage and toss well.



4 Divide between bowls and garnish with extra Parmesan cheese if you like.

Tip: This dish would taste great with a pinch of chilli flakes for an extra kick.



Did you know? Pistachio nuts are considered the original prehistoric snack as they have been enjoyed by humans for the past 9,000 years!