



Everything  
But The Chef

hello@hellofresh.com.au

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

WK43  
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

## Chicken, Sage & Pistachio Sausage Pasta

We know it might sound a little simple, but simple can still be full of flavour, easy to prepare and downright delicious. Nonna's chicken sausages are a far cry from the humble beef. Get the kids to help you separate the broccoli florets, juice the lemon and grate the Parmesan cheese. We're sure that they'll love dinner even more if they've played a role in its preparation.

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

level 1

eat me early

### Pantry Items



Olive Oil



Chicken, Sage & Pistachio Sausages



Conchiglie Pasta



Broccoli



Lemon



Parmesan Cheese



Parsley

Qty	Ingredients
8	chicken, sage & pistachio sausages
400 g	conchiglie pasta
1 head	broccoli, cut into small florets
1	lemon, zested & juiced <span style="float: right;">⊕</span>
1 block	Parmesan cheese, finely grated
1 bunch	parsley, finely chopped
2 ½ tbs	olive oil *

⊕ May feature in another recipe

\* Pantry Items

**Servings per recipe: 4**

**Nutrition per serve**

Energy	3120	Kj
Protein	40.1	g
Fat, total	30.6	g
-saturated	9	g
Carbohydrate	73.4	g
-sugars	0.6	g
Sodium	1100	mg



**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!