



CHICKEN SAUSAGE SPAGHETTI BOLOGNESE

with Zucchini & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 TBSP | 2 TBSP
Italian Seasoning



9 oz | 18 oz
Italian Chicken Sausage Mix



6 oz | 12 oz
Spaghetti
Contains: Wheat



13.76 oz | 27.52 oz
Crushed Tomatoes



1 | 2
Chicken Stock Concentrate



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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PREP: 5 MIN | COOK: 30 MIN | CALORIES: 880



WORTH YOUR SALT

When salting your pasta cooking water, don't be shy—you'll want to add a few big pinches until it tastes almost as salty as the sea! This will help infuse the noodles with enough seasoning (aka flavor) to complement the sauce.

BUST OUT

- Large pot
- Large pan
- Baking sheet
- Strainer
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Heat broiler to high. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; thinly slice crosswise into half-moons.



2 BROIL ZUCCHINI

- Toss **zucchini** on a baking sheet with a **large drizzle of olive oil**, **half the Italian Seasoning** (you'll use the rest in the next step), **salt**, and **pepper**.
- Broil until browned and softened, 5-7 minutes. **TIP: Watch carefully to avoid burning.**



3 COOK SAUSAGE

- Meanwhile, heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **sausage*** and **remaining Italian Seasoning**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.



4 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **½ cup pasta cooking water**, then drain and set aside.



5 SIMMER SAUCE

- While pasta cooks, stir **crushed tomatoes**, **stock concentrate**, and **1 tsp sugar** (2 tsp for 4 servings) into pan with **sausage**. Season generously with **salt** (we used ½ tsp; ¾ tsp for 4) and **pepper**. Bring to a simmer and cook until reduced, 5-7 minutes.



6 FINISH & SERVE

- Stir **sour cream** and **1 TBSP butter** (2 TBSP for 4 servings) into pan with **sauce** until melted and combined. Add **zucchini** and drained **spaghetti**; toss to coat. **(TIP: If your pan isn't large enough, carefully pour everything back into empty pasta pot.)** If needed, stir in **reserved pasta cooking water** 1 TBSP at a time until pasta is thoroughly coated in sauce. Taste and season with **salt** and **pepper**.
- Divide **pasta** between bowls. Sprinkle with **Parmesan** and serve.

*Chicken Sausage is fully cooked when internal temperature reaches 165°.