



CHICKEN SAUSAGE CAVATAPPI BOLOGNESE

with Roasted Zucchini & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 2
Onion



1 TBSP | 2 TBSP
Italian Seasoning



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



9 oz | 18 oz
Italian Chicken
Sausage Mix



1 | 2
Tomato Paste



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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HELLO

SAUSAGE BOLOGNESE

The classic meat sauce gets a flavorful upgrade
with spice-flecked Italian chicken sausage.

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 800



NOODLE ON IT

Our test kitchen's secret to luxurious, silky sauce? Pasta cooking water! The starch that the pasta releases while cooking helps emulsify sauce (aka make it nice and smooth).

BUST OUT

- Large pot
- Strainer
- Baking sheet
- Large pan
- Aluminum foil

- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Halve, peel, and thinly slice **onion**.



2 ROAST ZUCCHINI

- Toss **zucchini** on a baking sheet with a **drizzle of oil, half the Italian Seasoning (you'll use the rest later),** and a **pinch of salt and pepper.**
- Roast on top rack, tossing halfway through, until browned and tender, 14-16 minutes.
- Tent with foil to keep warm.



3 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1½ cups pasta cooking water (2 cups for 4 servings),** then drain.



4 COOK ONION & SAUSAGE

- While pasta cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and a **pinch of salt and pepper.** Cook, stirring occasionally, until softened, 5-6 minutes.
- Add **sausage*** and cook, breaking up meat into pieces, until browned, 3-4 minutes (**it'll finish cooking in the next step**).



5 MAKE SAUCE

- Add **tomato paste** and **remaining Italian Seasoning** to pan. Cook, stirring constantly, until fragrant, 1 minute.
- Stir in **stock concentrate, 1 cup reserved pasta cooking water (1½ cups for 4 servings),** and a **big pinch of salt and pepper.** Bring to a simmer; cook until sauce has slightly thickened and sausage is cooked through, 2-3 minutes.
- Reduce heat to medium low.



6 FINISH & SERVE

- Stir drained **cavatappi,** roasted **zucchini, sour cream,** and **1 TBSP butter (2 TBSP for 4 servings)** into pan until thoroughly combined. **TIP: If needed, stir in more reserved cooking water, a splash at a time, until pasta is coated in a creamy sauce.**
- Divide pasta between bowls. Sprinkle with **Parmesan** and serve.

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