



MOLISE-STYLE PORK SAUSAGE & PENNE

with Broccoli, Parmesan & Chili Flakes

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli



3 Cloves | 6 Cloves
Garlic



9 oz | 18 oz
Italian Pork
Sausage



6 oz | 12 oz
Colavita Penne
Pasta
Contains: Wheat



6 TBSP | 12 TBSP
Parmesan Cheese
Contains: Milk



1 tsp | 2 tsp
Chili Flakes



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 910



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 940

COLAVITA

COLAVITA
Family-owned Colavita has been distributing premium Italian products since 1979, ingredients of choice for chefs at home and in professional kitchens alike.



HELLO

MOLISE

The mountainous region southeast of Rome known for pastas, cheeses, lamb, and fish

AS YOU LIKE IT

The simplicity of this Italian dish means it's all about you, the chef. Add Parmesan, chili flakes, and olive oil—tasting as you go—to fine-tune it to your liking.

BUST OUT

- Large pot
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (3 TBSP | 6 TBSP)

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

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Cut **broccoli** into bite-size pieces if necessary.



3 COOK PASTA & BROCCOLI

- Once water is boiling, add **Colavita penne** to pot. Cook, stirring occasionally, 6 minutes.
- Add **broccoli** and cook, stirring occasionally, until broccoli is bright green and pasta is al dente, 3-5 minutes more. Drain.



2 COOK SAUSAGE

- Remove **sausage*** from casing if necessary; discard casing.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add sausage and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.
- Add **garlic** and cook, stirring, until fragrant, 30-60 seconds. Remove from heat.


 Swap in **chicken sausage*** for pork sausage.



4 FINISH & SERVE

- Return pan with **sausage mixture** to medium-low heat. Add **drained penne and broccoli** and **3 TBSP olive oil (6 TBSP for 4 servings)** and toss until everything is coated in a glossy sauce. (**TIP: Add an additional drizzle of olive oil if needed.**) Taste and season with **salt** and **pepper**.
- Divide **pasta** between shallow bowls. Sprinkle with **Parmesan** and as many **chili flakes** as you like. Serve.

*Pork Sausage is fully cooked when internal temperature reaches 160°.

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