



PORK SAUSAGE & ROASTED BELL PEPPER PASTA

with Creamy Parmesan Garlic Tomato Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 Clove | 2 Cloves
Garlic



1 | 1
Chili Pepper



9 oz | 18 oz
Italian Pork Sausage



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



1 | 2
Tomato Paste



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

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



10 oz | 20 oz
Chopped Chicken Breast
Calories: 930



9 oz | 18 oz
Italian Chicken Sausage Mix
Calories: 990



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 680



HELLO FRESH

HELLO

CAVATAPPI

This twisty pasta takes its name from the Italian word for corkscrew.

SOME LIKE IT HOT

Don't let its size fool you: Our little chili pepper packs a punch! Add as much or as little as you like. You're the chef!

BUST OUT

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

- Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 6 tsp)
 - Olive oil (1 tsp | 1 tsp)
 - Butter (2 TBSP | 4 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.

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**

(646) 846-3663 | [HelloFresh.com](https://www.hellofresh.com)

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

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

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



1 PREP

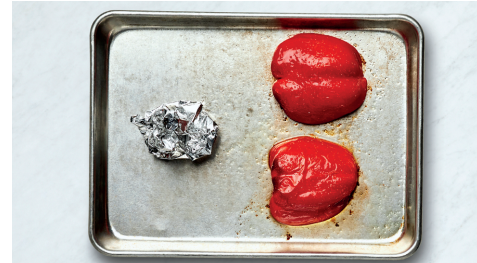
- Adjust rack to middle position and preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve **bell pepper**; remove stem and seeds. Peel **garlic**. Thinly slice **chili**.



4 MAKE SAUCE

- While pasta cooks, remove **sausage*** from casing if necessary; discard casing.
- Heat a **drizzle of olive 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. (TIP: If there's excess grease in your pan, carefully pour it out.) If desired, stir in a **pinch of chili**; cook until fragrant, 15 seconds.
- Add **tomato paste** and **½ cup reserved pasta cooking water** (¾ cup for 4 servings). Simmer until thickened, 2-3 minutes more. Turn off heat.

- 🍗 Open package of **chicken*** and drain off any excess liquid; season all over with **salt** and **pepper**. Swap in chicken (no need to break up into pieces!) or **chicken sausage*** for pork sausage. Cook through remainder of step as instructed.



2 ROAST PEPPER & GARLIC

- Drizzle each **bell pepper half** with **oil** and season with **salt** and **pepper**; place, cut sides down, on a **lightly oiled** baking sheet.
- Place **garlic** in the center of a small piece of foil. Drizzle with **oil**; season with **salt** and **pepper**. Cinch into a packet and place on same sheet.
- Roast on middle rack until bell pepper is lightly charred and garlic is softened, 20-25 minutes.



5 FINISH PASTA

- Carefully transfer roasted **bell pepper** and **garlic** to a cutting board. Thinly slice bell pepper into strips. Mash garlic with a fork.
- Return pan with **sauce** to low heat. Stir in garlic and **cream sauce base**.
- Stir in bell pepper, drained **cavatappi**, **half the Parmesan** (save the rest for serving), and **2 TBSP butter** (4 TBSP for 4 servings). TIP: If needed, stir in more reserved pasta cooking water a splash at a time until pasta is coated in a creamy sauce.



3 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1 cup pasta cooking water** (2 cups for 4 servings), then drain.



6 SERVE

- Season **pasta** with **salt** and **pepper**; divide between bowls. Sprinkle with **remaining Parmesan** and a **pinch of remaining chili** if desired. Serve.

WK 27-29