



CREAMY CHICKEN SAUSAGE & KALE CAVATAPPI

with Garlic, Lemon & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



4 oz | 8 oz
Kale



2 Cloves | 4 Cloves
Garlic



1 | 1
Lemon



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



9 oz | 18 oz
Italian Chicken
Sausage Mix



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 | 2
Chicken Stock
Concentrate



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!



HELLO

CAVATAPPI

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

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 970



PASTA PERFECTION

To check if your cavatappi is *al dente* (Italian for “to the tooth”), bite into one! It should be tender with a firm center.

BUST OUT

- Large pot
- Large pan
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 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.

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve, peel, and finely chop **onion**. Remove and discard any large stems from **kale**; chop into bite-size pieces if necessary. Peel and thinly slice **garlic**. Quarter **lemon**.



2 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until *al dente*, 9-11 minutes.
- Reserve **¾ cup pasta cooking water (1½ cups for 4 servings)**, then drain.



3 COOK SAUSAGE & VEGGIES

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **sausage*** and **onion**; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until sausage is mostly cooked through and onion is softened, 3-5 minutes.
- Stir in **kale** and **garlic**; cook until sausage is cooked through and kale is wilted, 3-5 minutes. **TIP: Add kale in batches if necessary.**



4 MAKE SAUCE

- Reduce heat to medium. Stir in **cream sauce base, sour cream, stock concentrate, ¼ cup reserved pasta cooking water (½ cup for 4 servings)**, and a **big squeeze of lemon juice**. Cook, stirring occasionally, until thickened, 2-3 minutes. Season with **salt** and **pepper**.



5 FINISH PASTA

- Reduce heat to low. Stir in drained **cavatappi, half the Parmesan (use the rest for serving), 2 TBSP butter (4 TBSP for 4 servings)**, and a **squeeze of lemon juice**. **TIP: If needed, stir in more reserved cooking water a splash at a time until pasta is coated in a creamy sauce.**



6 SERVE

- Divide **pasta** between bowls; top with **remaining Parmesan**. Serve with **remaining lemon wedges** on the side.

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