



PORK 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 Pork Sausage



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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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: 740



10 oz | 20 oz
Ground Turkey

Calories: 800



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 950



HELLO

SAUSAGE BOLOGNESE

Classic meat sauce, upgraded with spice-flecked Italian sausage

NOODLE ON IT

Our test kitchen's secret to a rich, velvety sauce? Pasta cooking water! Adding the starchy liquid in Step 5 helps the sauce cling to the pasta.

BUST OUT

- Large pot
 - Baking sheet
 - Aluminum foil
 - Strainer
 - Large pan
 - Paper towels
 - 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**.



4 COOK ONION & SAUSAGE

- While pasta cooks, remove **sausage*** from casing if necessary; discard casing.
- 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).

- 🍴 Pat **chicken*** dry with paper towels.
- 🍴 Swap in chicken (no need to break up into pieces!) or **turkey*** for sausage.



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.



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.



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.



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.

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

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

🍴 *Ground Turkey is fully cooked when internal temperature reaches 165°.