



# ITALIAN CHICKEN SAUSAGE & CAVATAPPI BAR

with sides & toppings for everyone to build their perfect plate

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



1 | 2  
Lemon



1 | 2  
Onion



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 TBSP | 2 TBSP  
Italian Seasoning



6 oz | 12 oz  
Cavatappi Pasta  
Contains: Wheat



9 oz | 18 oz  
Italian Chicken  
Sausage Mix



14 oz | 28 oz  
Marinara Sauce



1 tsp | 2 tsp  
Garlic Powder



1 oz | 2 oz  
Cheese Roux  
Concentrate  
Contains: Milk



4 TBSP | 8 TBSP  
Cream Cheese  
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  
OR GIVE US A CALL AT (646) 846-3663.



## HelloCustom

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



8 oz | 16 oz  
Broccoli  
Calories: 1080



10 oz | 20 oz  
Chicken Cutlets  
Calories: 1160



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 1030



## BUST OUT

- Large pot
- Zester
- Baking sheet (or 2 baking sheets)👉
- Large pan
- Strainer
- 2 Medium bowls
- Plastic wrap
- Whisk
- Paper towels👉
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp)👉 (1 tsp | 1 tsp)👉
- Olive oil (1 tsp | 2 tsp)

## 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.*



### 1 PREP & ROAST ZUCCHINI

- Adjust racks to top position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Zest and quarter **lemon**. Halve, peel, and thinly slice **onion**.
- Toss zucchini on a baking sheet with a **drizzle of oil, salt, and pepper**. Roast on top rack, tossing halfway through, until tender and lightly browned, 14-16 minutes.
- 👉 Adjust racks to top and middle positions. Cut **broccoli** into bite-size pieces if necessary. Toss broccoli on a second baking sheet with a **drizzle of oil, salt, and pepper**. Roast on middle rack until browned and tender, 15-20 minutes.



### 2 TOAST PANKO

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **panko** and ¼ **tsp Italian Seasoning** (½ **tsp for 4 servings**); lightly season with **salt** and **pepper** (you'll use the rest of the **Italian Seasoning** later).
- Cook, stirring, until golden brown, 2-3 minutes. Turn off heat; transfer to a small serving bowl. Stir in **half the lemon zest**. Wipe out pan.



### 3 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Drain and transfer to a large serving bowl; toss with a **drizzle of olive oil** (large drizzle for 4 servings). Reserve pot.
- 👉 Pat **chicken\*** dry with paper towels and season all over with **salt** and **pepper**. Heat a **drizzle of oil** in pan used for panko over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



### 4 COOK SAUSAGE & ONION

- Heat a **drizzle of oil** in pan used for panko over medium-high heat. Add **sausage\*** and cook, breaking up meat into pieces, 1-2 minutes.
- Add **onion** and lightly season with **salt**. Cook, stirring occasionally, until sausage is browned and cooked through, 4-6 minutes more. **TIP: If you added any other items to your meal (apps, sides, and/or dessert), you can get started on them now!**

👉 Use pan used for chicken here.



### 5 MAKE RED SAUCE

- While sausage cooks, in a medium microwave-safe bowl, combine **marinara**, **half the garlic powder** (you'll use the rest later), **remaining Italian Seasoning**, and ¼ **cup water** (½ **cup for 4 servings**).
- Cover tightly with plastic wrap and microwave until warmed through, 2-3 minutes.



### 6 MAKE CREAM SAUCE

- In a second medium bowl, combine **cheese roux concentrate**, **remaining garlic powder**, and ¾ **cup water** (1½ **cups for 4 servings**).
- Heat pot used for cavatappi over medium-high heat. Add **cheese roux mixture** and bring to a simmer. Cook, stirring occasionally, until slightly thickened, 2-3 minutes.
- Reduce heat to low and whisk in **cream cheese**, **remaining lemon zest**, and **juice from one lemon wedge** (two wedges for 4). Cook, stirring, until cream cheese has melted, 1 minute. Taste and season with **salt** and **pepper**.
- Transfer to a small serving bowl; cover tightly with plastic wrap to keep warm.



### 7 SERVE

- Carefully uncover **red sauce** and **cream sauce** (watch out for steam!). **TIP: If needed, microwave sauces in 30-second increments until warmed through.**
- Serve **pasta**, red sauce, cream sauce, **zucchini, sausage and onion, panko, Parmesan**, and **remaining lemon wedges** family style and let everyone build their own pasta bowl.
- 👉 Serve **broccoli** alongside **pasta bar**.
- 👉 Slice **chicken** crosswise; serve alongside **pasta bar**.

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

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