



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



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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°.