



CHICKEN SAUSAGE SPAGHETTI BOLOGNESE

with Zucchini & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 TBSP | 2 TBSP
Italian Seasoning



9 oz | 18 oz
Italian Chicken Sausage Mix



6 oz | 12 oz
Spaghetti
Contains: Wheat



13.76 oz | 27.52 oz
Crushed Tomatoes



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: 750



10 oz | 20 oz
Ground Turkey

Calories: 820



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 820



HELLO

SAUSAGE BOLOGNESE

The classic meat sauce is enhanced with spice-flecked Italian chicken sausage.

BUST OUT

- Large pot
 - Large pan
 - Baking sheet
 - Strainer
 - Kosher salt
 - Black pepper
 - Olive oil (1 TBSP | 1 TBSP)
 - Sugar (1 tsp | 2 tsp)
 - Butter (½ TBSP | 1 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

- Heat broiler to high. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; thinly slice crosswise into half-moons.



2 BROIL ZUCCHINI

- Toss **zucchini** on a baking sheet with a **large drizzle of olive oil, half the Italian Seasoning (you'll use the rest in the next step), salt, and pepper.**
- Broil until browned and softened, 5-7 minutes. **TIP: Watch carefully to avoid burning.**



3 COOK SAUSAGE

- Meanwhile, heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **sausage*** and **remaining Italian Seasoning.** Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.
- Open package of **chicken*** and drain off any excess liquid. Swap in chicken **(no need to break up chicken into pieces!)** or **turkey*** for sausage.



4 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **½ cup pasta cooking water,** then drain and set aside.



5 SIMMER SAUCE

- While pasta cooks, stir **crushed tomatoes, stock concentrate, and 1 tsp sugar (2 tsp for 4 servings)** into pan with **sausage.** Season generously with **salt (we used ½ tsp; ¾ tsp for 4)** and **pepper.** Bring to a simmer and cook until reduced, 5-7 minutes.



6 FINISH & SERVE

- Stir **sour cream** and **½ TBSP butter (1 TBSP for 4 servings)** into pan with **sauce** until melted and combined. Add **zucchini** and drained **spaghetti;** toss to coat. **(TIP: If your pan isn't large enough, carefully pour everything back into empty pasta pot.)** If needed, stir in **reserved pasta cooking water** 1 TBSP at a time until pasta is thoroughly coated in sauce. Taste and season with **salt** and **pepper.**
- Divide **pasta** between bowls. Sprinkle with **Parmesan** and serve.

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

• Chicken is fully cooked when internal temperature reaches 165°.

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