



JAMMY ONION & BRUSSELS SPROUT CAVATAPPI

with Garlicky Mushrooms & Chives

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Brussels Sprouts



1 tsp | 2 tsp
Garlic Powder



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



4 oz | 8 oz
Button Mushrooms



1 | 2
Onion



¼ oz | ½ oz
Chives



2 | 4
Veggie Stock
Concentrates



5 tsp | 10 tsp
Red Wine
Vinegar



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 640



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 790



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 490



HELLO

JAMMY ONION

Thin slicing + patience = sweet, jammy deliciousness.

IN A PINCH? USE A SPLASH

Keep an eye on how quickly the onion is browning in Step 4. If it seems to be darkening too fast, reduce the heat and add splashes of pasta cooking water ladled directly from the pot.

BUST OUT

- Large pot
- Large pan
- Baking sheet
- Paper towels
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)

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1 START PREP

- Adjust rack 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 quarter **Brussels sprouts** lengthwise.



2 ROAST BRUSSELS SPROUTS

- Toss **Brussels sprouts** on a baking sheet with a **drizzle of oil**, **half the garlic powder** (you'll use the rest later), a **pinch of salt**, and **pepper**. Roast on top rack until golden brown and tender, 15-20 minutes.



3 COOK PASTA & FINISH PREP

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water** (2 cups for 4 servings), then drain.
- While pasta cooks, halve, peel, and thinly slice **onion**. Trim and thinly slice **mushrooms** (skip if your mushrooms are pre-sliced!). Mince **chives**.

- Rinse **shrimp*** under cold water; pat dry with paper towels. Season with **salt** and **pepper**. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add shrimp or **sausage***; cook, stirring frequently, until cooked through, 3-5 minutes for shrimp or 4-6 minutes for sausage. Turn off heat; transfer to a plate. Wipe out pan.



4 COOK SAUCE

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add **onion**, a **pinch of salt**, and **pepper**; cook, stirring occasionally, until browned and softened, 6-8 minutes.
- Add **mushrooms** and **remaining garlic powder**; cook, stirring occasionally, until tender, 4-5 minutes.
- Stir in **stock concentrates**, **vinegar**, and **1/2 cup reserved pasta cooking water** (2/3 cup for 4 servings). Cook, stirring occasionally, until thickened, 1-2 minutes. **TIP: If pasta isn't done cooking yet, ladle pasta water directly from the pot.**
- Taste and season with **salt** and **pepper** if desired.



5 FINISH PASTA

- Once Brussels sprouts are finished roasting, return pan with **onion** and **mushrooms** to medium heat. Stir in **drained cavatappi**, **sour cream**, and **half the Brussels sprouts** until evenly coated. If needed, stir in more **reserved pasta cooking water** a splash at a time until everything is thoroughly coated in sauce. **TIP: For a richer sauce, stir in 1 TBSP butter.**

- Stir in **half the shrimp** or **half the sausage** along with **drained cavatappi**.



6 SERVE

- Divide **pasta** between bowls; top with **remaining Brussels sprouts**. Garnish with **chives** and serve.
- Serve **remaining shrimp** or **remaining sausage** atop bowls.

*Shrimp are fully cooked when internal temperature reaches 145°.

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

Use pan used for shrimp or sausage here.

