



FEB
2017

Herbed Pork and Pesto Penne

with Broccoli and Parmesan

For this recipe we've gathered a handful of the most delicious ingredients we could find for a dinner that's as speedy as it is delicious. Less time cooking equals more time to put your feet up!



Italian Sausage



Broccoli



Penne



Basil Pesto



Parmesan Cheese



Chili Flakes

Ingredients

	2 People	4 People
Italian Sausage, uncased	1 pkg (250 g)	2 pkg (500 g)
Broccoli, florets	1 pkg (227 g)	2 pkg (454 g)
Penne	1) 1 pkg (170 g)	2 pkg (340 g)
Basil Pesto	2) 3) 1 pkg (1/3 cup)	2 pkg (2/3 cup)
Parmesan Cheese, shredded	2) 1 pkg (56 g)	2 pkg (113 g)
Chili Flakes 	1 pkg (1 tsp)	1 pkg (1 tsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Tree nuts/Noix

Tools

Large Pot, Measuring Cups, Large Non-Stick Pan, Strainer

Ruler

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Nutrition per person Calories: 1080 cal | Fat: 67 g | Protein: 46 g | Carbs: 75 g | Fibre: 6 g | Sodium: 1656 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Prep: Bring a large pot of **salted water** to a boil. **Wash and dry all produce.**

2 Cook the pasta: Add the **penne** to the **boiling water**. Cook until tender, 9-10 min.

3 Char the broccoli: Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **broccoli**. Cook, stirring occasionally, until golden-brown, 4-5 min. Transfer to a plate.

5



4 Cook the sausage: Add the **sausage** to the pan. Cook, breaking up with a spoon, until no pink remains, 3-4 min.

5 When the **pasta** is done cooking, reserve **1/4 cup pasta water** (double for 4 people.) Drain the pasta. Add the **broccoli, pasta, pasta water** and **pesto** into the **sausage mixture**. Stir until warmed through, 1-2 min. Season with **salt** and **pepper** and as much **chili flakes** as you like. (Add more if you like it spicy!)

5



6 Finish and serve: Divide the **pasta** between bowls and sprinkle with **Parmesan cheese**. Enjoy!

DID YOU KNOW? 'Pesto' is a basil, pine nut and Parmesan-based sauce originating from Italy. Its name comes from the Italian word *pestâ*, meaning 'to pound', referring to the traditional method of crushing all the ingredients together in a mortar and pestle.

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