



ITALIAN NOODLE SOUP

with Chicken Sausage, Farfalle Pasta & Parmesan Toasts



HELLO

ITALIAN SEASONING

Oregano, basil, and parsley make this signature herb blend so *delizioso*.

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 810



Carrot



Roma Tomato



Garlic Powder



Chicken Stock Concentrates



Parmesan Cheese
(Contains: Milk)



Ciabatta Bread
(Contains: Wheat)



Yellow Onion



Italian Chicken Sausage Mix



Italian Seasoning



Farfalle Pasta
(Contains: Wheat)



Chili Flakes



Baby Spinach

START STRONG

Master multitasker? Speed up dinner by cooking the sausage first as instructed in step 2. While it's cooking, you can prep the veggies from step 1.

BUST OUT

- Peeler
- Large pot
- Small bowl
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Carrot **3 oz** | **6 oz**
- Yellow Onion **1** | **1**
- Roma Tomato **1** | **1**
- Italian Chicken Sausage Mix* **9 oz** | **18 oz**
- Italian Seasoning **1 TBSP** | **1 TBSP**
- Garlic Powder **1 tsp** | **1 tsp**
- Chicken Stock Concentrates **2** | **4**
- Farfalle Pasta **6 oz** | **6 oz**
- Parmesan Cheese **¼ Cup** | **½ Cup**
- Chili Flakes **1 tsp** | **1 tsp**
- Ciabatta Bread **1** | **2**
- Baby Spinach **5 oz** | **5 oz**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP

Wash and dry all produce. Trim, peel, and dice **carrot** into small pieces. Halve, peel, and finely chop **onion**. Dice **tomato**.



2 COOK SAUSAGE

Heat a drizzle of **olive oil** in a large pot over medium-high heat. Add **sausage** and cook, breaking up meat into pieces, until browned, 4-6 minutes (it'll finish cooking in the next step).



3 COOK VEGGIES

Add another drizzle of **olive oil** to pot with **sausage**, then stir in **carrot**, **onion**, and a large pinch of **salt**. Cook, stirring occasionally, until veggies are just softened and sausage is cooked through, 5-7 minutes.



4 SIMMER SOUP & PASTA

Add **tomato**, half the **Italian Seasoning** (use the rest as you like), and **¼ tsp garlic powder** (½ tsp for 4 servings; you'll use more later) to pot. Cook, stirring, until fragrant, 1 minute. Stir in **stock concentrates** and **3½ cups warm water** (6 cups for 4), scraping up any browned bits from bottom of pot. Add half the **farfalle** (all for 4). Cover and bring to a boil, then immediately reduce heat to low. Simmer until pasta is al dente, 10 minutes.



5 MAKE TOASTS

Meanwhile, place **2 TBSP butter** (3 TBSP for 4 servings) in a small microwave-safe bowl; microwave until just softened, 10 seconds (do not melt). Stir in **1 TBSP Parmesan** (2 TBSP for 4; you'll use the rest later), **¼ tsp garlic powder** (use remaining garlic powder for 4), and a pinch of **salt** and **chili flakes** to taste. Halve **ciabatta** and toast until golden. Spread **butter mixture** onto cut sides of ciabatta, then halve on a diagonal.



6 FINISH & SERVE

Stir **spinach** and **2 TBSP Parmesan** (4 TBSP for 4 servings) into **soup** until spinach is wilted. Season with plenty of **salt** and **pepper**. Divide soup between bowls; sprinkle with remaining Parmesan and a pinch of **chili flakes** if desired. Serve with **toasts** on the side for dipping.

ABOVE & BEYOND

For a fresh side salad, combine mixed greens with cherry tomatoes, red onion, green olives, and celery. Toss with a splash of vinegar, olive oil, salt, and pepper.

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