



"LITTLE EARS" PASTA with Sausage, Baby Broccoli, and Pesto



HELLO ORECCHIETTE

Pronounced *oh-reck-ee-ET-tay*, this round pasta's name means "little ears" in Italian.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 900**



Baby Broccoli



Orecchiette Pasta
(Contains: Wheat)



Pesto
(Contains: Milk)



Sweet Italian
Pork Sausage



Chili Flakes



Parmesan Cheese
(Contains: Milk)

START STRONG

If your younger eaters are not fans of heat, leave out the chili flakes in step 4 and add them at the end for the adults.

BUST OUT

- Large pot
- Strainer
- Large pan
- Olive oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- Baby Broccoli 12 oz
- Sweet Italian Pork Sausage 18 oz
- Orecchiette Pasta 12 oz
- Chili Flakes  1 tsp
- Pesto 4 oz
- Parmesan Cheese ½ Cup

HELLO WINE



PAIR WITH
Chasseur de Cailloux
Côtes du Rhône Rouge, 2016

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 HelloFRESH



1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Trim woody bottom ends from **baby broccoli**, then cut stalks and florets into 1-inch pieces. Remove **sausage** from casings.



2 BOIL PASTA

Once water is boiling, add **orecchiette** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Carefully scoop out and reserve ½ cup **pasta cooking water**, then drain.



3 COOK BABY BROCCOLI

Heat a large drizzle of **olive oil** in a large pan over medium heat. Add **baby broccoli** and **4 tsp water**. Cover and steam 3 minutes. Uncover and increase heat to medium high. Cook, tossing occasionally, until browned and tender, 3-6 minutes more. Season with **salt** and **pepper**. Remove from pan and set aside.



4 COOK SAUSAGE

Heat another large drizzle of **olive oil** in same pan over medium-high heat. Add **sausage**, breaking up meat into pieces. Cook until crisp at edges and no longer pink, 4-5 minutes. Add a pinch of **chili flakes** (to taste) and cook another 30 seconds.



5 MAKE SAUCE

Add **orecchiette**, **baby broccoli**, **pesto**, **pasta cooking water**, and half the **Parmesan** to pan. Toss until everything is well-coated and a thick sauce has formed, 1-2 minutes. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **orecchiette mixture** between plates. Sprinkle with remaining **Parmesan** and serve.

FRESH TALK

If you could learn to cook anything, what would it be and why?

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