SAUSAGE AND ROASTED BELL PEPPER PASTA

with Creamy Parmesan Garlic Tomato Sauce



45.14 SAUSAGE AND ROASTED BELL PEPPER PASTA NJ.indd 1

HELLO -

PREP: 10 MIN TOTAL: 35 MIN CALORIES: 1060

Founded in New York City, Three Little Pigs has been making handcrafted charcuterie and sausage using high quality, all-natural ingredients since 1975.

THREE LITTLE PIGS

14



Bell Pepper*

Chili Pepper

Three Little Pigs Pork Sausage



Garlic

Parmesan Cheese (Contains: Milk)

*Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

Cavatappi Pasta (Contains: Wheat)



Tomato Paste

Sour Cream





START STRONG

Don't let its size fool you: our little chili pepper packs a punch! If you're sensitive to spice, remove the seeds as you prep—that's where most of the chili's heat is concentrated. When using it in step 4, add as much or as little as you like, tasting your sauce as you go. You're the chef, after all.

BUST OUT

- Large pot
 Large pan
- Baking sheet Kosher salt
- Aluminum foil Black pepper
- Strainer
- Vegetable oil (4 tsp | 6 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP) (Contains: Milk)

Ingredient 2-person 4-person	
Bell Pepper	1 2
• Chili Pepper 🥑	1 1
 Three Little Pigs Pork Sausage* 	9 oz 18 oz
• Garlic	2 Cloves 4 Cloves
• Cavatappi Pasta	6 oz 12 oz
• Tomato Paste	1.5 oz 3 oz
Sour Cream	2 TBSP 4 TBSP
Parmesan Cheese	¼ Cup ½ Cup

* Pork Sausage is fully cooked when internal temperature reaches 160 degrees.







PREP

Adjust rack to middle position and preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Halve **bell pepper**, then remove and discard stem and seeds. Thinly slice **chili**, removing seeds for less heat. Remove **sausage** from casings; discard casings.



MAKE SAUCE Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **sausage** and cook, breaking up meat into pieces, until browned and cooked through, 6-8 minutes. (**TIP:** If there's excess grease in your pan, carefully pour it out.) If desired, stir in a pinch of **chili**; cook until fragrant, 15 seconds. Add **tomato paste** and ½ **cup reserved pasta cooking water** (¾ cup for 4 servings). Simmer until thickened, 2-3 minutes. Turn off heat.

2 PROAST VEGGIES Drizzle **bell pepper halves** with **oil**, **salt**, and **pepper**; place cut sides down on a lightly **oiled** baking sheet. Place **garlic cloves** on a small piece of foil and drizzle with **oil**, **salt**, and **pepper**; cinch into a packet and place on baking sheet. Roast until bell pepper is lightly charred and garlic is softened, 20-25 minutes.



5 FINISH PASTA Transfer roasted **bell pepper halves** to a cutting board; thinly slice. Remove roasted **garlic cloves** from foil; transfer to cutting board and gently mash with a fork. Return pan with **sauce** to low heat. Add mashed garlic and stir to combine. Stir in **sliced bell pepper**, **cavatappi, sour cream, 2 TBSP butter** (4 TBSP for 4 servings), and half the **Parmesan**. (**TIP:** If needed, stir in more reserved cooking water a splash at a time until pasta is coated in a creamy sauce.) Season with **salt** and **pepper**.





3 COOK PASTA Once water is boiling, add **cavatappi** to pot. Cook until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water** (2 cups for 4 servings), then drain.



SERVE Divide **pasta** between bowls. Sprinkle with remaining **Parmesan** and, if desired, a pinch of remaining **chili**.

VEG OUT!

For a vegetarian version, swap out the sausage for more cooked veggies like mushrooms or zucchini.