



CHICKEN SAUSAGE GEMELLI BOLOGNESE

with Zucchini and Parmesan



HELLO

SAUSAGE BOLOGNESE

The classic meat sauce gets a flavorful upgrade with sweet Italian chicken sausage.

PREP: 5 MIN

TOTAL: 30 MIN

CALORIES: 740



Yellow Onion



Tuscan Heat Spice



Italian Chicken Sausage Mix



Chicken Stock Concentrate



Parmesan Cheese
(Contains: Milk)



Zucchini



Gemelli Pasta
(Contains: Wheat)



Tomato Paste



Sour Cream
(Contains: Milk)

START STRONG

In step 1, make sure to thoroughly salt your water—a palmful should do the trick. This may feel excessive, but the results will prove why this step is so important. Cooking pasta in salty water seasons the pasta from the inside out.

BUST OUT

- Large pot
- Baking sheet
- Strainer
- Large pan
- Vegetable oil (2 tsp | 3 tsp)
- Butter (1 TBSP | 1 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Zucchini 1 | 2
- Tuscan Heat Spice  1 TBSP | 2 TBSP
- Gemelli Pasta 6 oz | 12 oz
- Italian Chicken Sausage Mix* 9 oz | 18 oz
- Tomato Paste 1.5 oz | 3 oz
- Chicken Stock Concentrate 1 | 2
- Sour Cream 2 TBSP | 4 TBSP
- Parmesan Cheese ¼ Cup | ½ Cup

* 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

Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Halve, peel, and thinly slice **onion**. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons.



2 ROAST ZUCCHINI

Toss **zucchini** on a baking sheet with a drizzle of **oil**, **1 tsp Tuscan Heat Spice**, and a pinch of **salt** and **pepper**. Roast on top rack, tossing halfway through, until browned and tender, about 15 minutes. Loosely cover with foil to keep warm.



3 COOK PASTA

Once water is boiling, add **gemelli** to pot. Cook until al dente, 9-11 minutes. Reserve **1½ cups cooking water**, then drain.



4 COOK SAUSAGE

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **onion** and a pinch of **salt** and **pepper**. Cook, stirring occasionally, until softened, 5-6 minutes. Add **sausage** and cook, breaking up meat into pieces, until browned all over, 3-4 minutes.



5 MAKE SAUCE

Add **tomato paste** and remaining **Tuscan Heat Spice** to pan. Cook, stirring constantly, until fragrant, about 1 minute. Stir in **stock concentrate**, **1 cup reserved pasta cooking water**, and a large pinch of **salt** and **pepper**. Bring to a gentle simmer and cook until sausage is cooked through and sauce has thickened slightly, 2-3 minutes.



6 FINISH AND SERVE

Reduce heat under pan to medium low. Stir in **pasta**, **zucchini**, **sour cream**, and **1 TBSP butter** until thoroughly combined. (**TIP:** If pan seems dry, stir in remaining cooking water, a splash at a time, until mixture is creamy.) Divide pasta between bowls. Sprinkle with **Parmesan**.

GO GREEN

Have some fresh basil on hand? Tear and sprinkle over your finished dish!

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