

CHICKEN SAUSAGE CAVATAPPI BOLOGNESE

with Zucchini & Parmesan



HELLO -

SAUSAGE BOLOGNESE

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



TOTAL: 30 MIN CALORIES: 820



Yellow Onion

Zucchini



Italian Seasoning



Italian Chicken Sausage Mix







Chicken Stock Concentrate



Parmesan Cheese (Contains: Milk)

Sour Cream

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Cavatappi Pasta

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 noodles from the inside out.

BUST OUT

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

INGREDIENTS

Ingredient 2-person | 4-person

Yellow Onion

1 | 2

Zucchini

1 | 2

• Italian Seasoning

1 TBSP | 2 TBSP

• Cavatappi Pasta

6 oz | 12 oz

• Italian Chicken Sausage Mix* 9 oz | 18 oz

· Chicken Stock Concentrate

• Tomato Paste

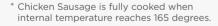
1.5 oz | 3 oz 1 | 2

Sour Cream

2 TBSP | 4 TBSP

• Parmesan Cheese

1/4 Cup | 1/2 Cup





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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



ROAST ZUCCHINI
Toss zucchini on a baking sheet
with a drizzle of oil, half the Italian
Seasoning (you'll use the rest later), and
a pinch of salt and pepper. Roast on
top rack, tossing halfway through, until
browned and tender, 14-16 minutes.
Tent with foil to keep warm.



COOK PASTA
Once water is boiling, add
cavatappi to pot. Cook until al dente,
9-11 minutes. Reserve 1½ cups pasta
cooking water (2 cups for 4 servings),
then drain.



COOK ONION & 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 but not yet cooked
through, 3-4 minutes (it'll finish cooking
in the next step).



Add tomato paste and remaining Italian Seasoning to pan. Cook, stirring constantly, until fragrant, 1-2 minutes. Stir in stock concentrate, 1 cup reserved pasta cooking water (1½ cups for 4 servings), and a big pinch of salt and pepper. Bring to a simmer; cook until sauce has slightly thickened and sausage is cooked through, 2-3 minutes. Reduce heat under pan to medium low.



FINISH & SERVE
Stir cavatappi, zucchini, sour
cream, and 1 TBSP butter (2 TBSP for
4 servings) into pan until thoroughly
combined. (TIP: If needed, stir in more
reserved cooking water a splash at a
time until pasta is thoroughly coated in
sauce.) Divide between bowls. Sprinkle
with Parmesan and serve.

HERBALICIOUS

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



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