



CHICKEN SAUSAGE CAVATAPPI BOLOGNESE

with Zucchini & Parmesan



HELLO

SAUSAGE BOLOGNESE

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

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 820



Yellow Onion



Italian Seasoning



Italian Chicken Sausage Mix



Chicken Stock Concentrate



Parmesan Cheese
(Contains: Milk)



Zucchini



Cavatappi 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 noodles from the inside out.

BUST OUT

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

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
- 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**, 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.



3 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.



4 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).



5 MAKE SAUCE

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.



6 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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