



TUSCAN SAUSAGE AND PEPPER SPAGHETTI

with Tomatoes and Parmesan



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic, Italian-style herbs also packs a pinch of peppery hot pizzazz.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 1000**



Yellow Onion



Tuscan Heat Spice



Sweet Italian Pork Sausage



Chicken Stock Concentrate



Parmesan Cheese
(Contains: Milk)



Bell Pepper*



Whole Peeled Tomatoes



Parsley



Whole Wheat Spaghetti
(Contains: Wheat)

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

START STRONG

If you have a food processor, give the tomatoes a few pulses in there to break them up quickly in step 1. Not only will this make them smoother, it might save you a few moments and reduce mess too.

BUST OUT

- Large pot
- Medium bowl
- Large pan
- Strainer
- Vegetable oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 1
- Bell Pepper 1 | 1
- Parsley ¼ oz | ¼ oz
- Whole Peeled Tomatoes 14 oz | 28 oz
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Sweet Italian Pork Sausage 9 oz | 18 oz
- Whole Wheat Spaghetti 6 oz | 12 oz
- Chicken Stock Concentrate 1 | 2
- Parmesan Cheese ¼ Cup | ½ Cup

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Wash and dry all produce. Bring a large pot of salted water to a boil. Halve, peel, and thinly slice onion from pole to pole into strands. Core and seed bell pepper, then cut into thin strips. Mince parsley. Place tomatoes in a medium bowl and break up into small pieces with your hands (careful, they may splatter).



4 COOK PASTA

Once water boils, add spaghetti to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Carefully scoop out and reserve 1 cup pasta cooking water, then drain.



2 COOK VEGGIES

Heat a large drizzle of oil in a large pan over medium-high heat. Add onion, bell pepper, and half the Tuscan heat spice. Cook, tossing, until slightly softened, 3-4 minutes.



5 SIMMER SAUCE

Meanwhile, once sausage is cooked through, add tomatoes to pan. Season with salt, pepper, and remaining Tuscan heat spice, then give everything a stir. Bring to a boil, then lower heat and let simmer while pasta cooks. After you've drained spaghetti, stir ¾ cup pasta cooking water and stock concentrate into pan. Continue simmering until slightly reduced, 1-2 minutes.



3 COOK SAUSAGE

Remove sausage from casings, then add to pan with veggies along with a drizzle of oil, breaking up meat into pieces. Cook, tossing occasionally, until sausage is cooked through and browned at edges, about 5 minutes.



6 FINISH AND SERVE

Add spaghetti to pan, tossing to coat. (TIP: Add more pasta cooking water if needed to give sauce a loose consistency.) Stir in 1 TBSP butter, half the parsley, and half the Parmesan. Season with salt and pepper. Divide between bowls, then sprinkle with remaining parsley and Parmesan.

DIG IN!

You can fuggedabout plain ol' pasta for dinner.

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