



TUSCAN SAUSAGE LINGUINE

with Yellow Pepper, Chili and Parmesan

PRONTO



HELLO

ITALIAN SAUSAGE

The herbs and spices in the sausage add a comforting flavour to this dish!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 723



Mild Italian Sausage, uncased



Garlic



Red Onion, chopped



Lemon



Yellow Bell Pepper



Chili Flakes



Parmesan Cheese, shredded



Thyme



Diced Tomatoes



Linguine

BUST OUT

- Large Non-Stick Pan
- Measuring Cups
- Large Pot
- Strainer
- Garlic Press
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Mild Italian Sausage, uncased 250 g | 500 g
- Garlic 10 g | 20 g
- Red Onion, chopped 56 g | 113 g
- Lemon 1 | 1
- Yellow Bell Pepper 190 g | 380 g
- Chili Flakes  ¼ tsp | ½ tsp
- Parmesan Cheese, shredded ² ¼ cup | ½ cup
- Thyme 10 g | 10 g
- Diced Tomatoes ½ can | 1 can
- Linguine ¹ 170 g | 340 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

In Step 4, use the following heat guide to determine what spice level you prefer: add ⅛ tsp for warm, ¼ tsp for hot and ½ tsp for spicy!



1 PREP Wash and dry all produce.* In a large pot, add **10 ½ cups water** and **2 tsp salt**. (NOTE: Use the same size pot, water and salt amount for 4 ppl.) Cover and bring to a boil over high heat. Meanwhile, core, then cut the **bell peppers** into ½-inch cubes. Mince or grate the **garlic**. Cut the **lemon** into wedges. Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from the sprigs.



4 COOK VEGGIES Meanwhile, when the **pork** is finished cooking, transfer to a plate and set aside. Add another **½ tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring often, until **veggies** are softened, 4-5 min. Add **garlic**, **thyme** and **¼ tsp chili flakes** (dbl for 4 ppl). (NOTE: Reference heat guide in the Start Strong). Cook, stirring, until fragrant, 1 min.



2 COOK SAUSAGE Heat a large non-stick pan over medium-high heat. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then the **sausage meat**. Cook, using a spoon to break the **meat** up into smaller pieces, until no pink remains, 4-5 min. (TIP: Cook to a minimum internal temp. of 71°C/160°F.**)



5 SIMMER SAUCE Add the **cooked sausage** and **½ can diced tomatoes** (1 can for 4 ppl) to the pan. Stir together. Reduce the heat to medium. Simmer, stirring occasionally, until the **sauce** is slightly thickened, 6-7 min.



3 COOK PASTA Meanwhile, add the **linguine** to the large pot with the **boiling water**. Cook until **linguine** is tender, 9-11 min. When **pasta** is finished, reserve **¼ cup pasta water** (dbl for 4 ppl), then drain.



6 FINISH AND SERVE Add the **linguine** and **reserved pasta water** to the **sauce**. Stir to combine. Season with **salt** and **pepper**. Divide the **sausage linguine** between bowls and sprinkle with the **Parmesan**. Squeeze over a **lemon wedge**, if desired.

PUCKER UP!

A squeeze of lemon adds a splash of bright acidity to this dish.