



“LITTLE EARS” PASTA

with Broccoli and Pesto



HELLO ORECCHIETTE

This pasta's name means “little ears” in Italian.

PREP: 5 MIN | **TOTAL: 25 MIN** | **CALORIES: 900**



Broccoli Florets



Orecchiette Pasta
(Contains: Wheat)



Pesto
(Contains: Milk)



Sweet Italian Sausage



Chili Flakes



Parmesan Cheese
(Contains: Milk)

START STRONG

The secret to al dente pasta perfection is to stir often and give the pasta a taste once you're near the end of cooking, checking to see if it's just tender, but with a little bite.

BUST OUT

- Large pot
- Strainer
- Large pan
- Olive oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|--|-------|
| • Broccoli Florets | 16 oz |
| • Sweet Italian Sausage | 18 oz |
| • Orecchiette Pasta | 12 oz |
| • Chili Flakes  | 1 tsp |
| • Pesto | 4 oz |
| • Parmesan Cheese | ½ Cup |

HELLO WINE

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1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Cut any large **broccoli florets** into bite-sized pieces. Remove **sausage** from casings.



4 COOK SAUSAGE

Heat another large drizzle of **olive oil** in same pan over medium-high heat. Add **sausage**, breaking up into pieces with a spatula or wooden spoon. Cook until crisp at edges and no longer pink, 4-5 minutes. Add a pinch of **chili flakes** (to taste) and cook another 30 seconds. Remove from heat.



2 BOIL PASTA

Once water is boiling, add **orecchiette** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Carefully scoop out and reserve **½ cup pasta cooking water**, then drain. Return orecchiette to pot.



5 ADD REMAINING INGREDIENTS

Add **broccoli, pesto, pasta cooking water, sausage mixture**, and half the **Parmesan** to pot with orecchiette. Return pot to stove over medium-high heat. Toss until everything is well-coated and a thick sauce has formed, 1-2 minutes. Season with **salt** and **pepper**.



3 COOK BROCCOLI

Heat a large drizzle of **olive oil** in a large pan over medium heat. Add **broccoli** and **4 tsp water**. Cover and steam 3 minutes. Uncover and increase heat to medium-high. Cook, tossing occasionally, until browned and tender, 3-6 minutes more. Season with **salt** and **pepper**. Remove from pan and set aside.



6 TOSS AND SERVE

Divide **orecchiette mixture** between plates. Sprinkle with remaining **Parmesan** and serve.



KIDS CAN HELP!

BUON APPETITO!

Colorful, cheesy,
al dente perfection

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