



VEGGIE-LOADED ORZO AND SAUSAGE

with Lemon and Parmesan



HELLO

VEGGIE EXTRAVAGANZA

Tomatoes, zucchini, and bell pepper make for a fully loaded dish

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 850



Parsley



Red Onion



Zucchini



Lemon



Orzo Pasta
(Contains: Wheat)



Garlic



Grape Tomatoes



Red Bell Pepper



Sweet Italian Sausage



Parmesan Cheese
(Contains: Milk)

START STRONG

Leave as much grease in the pan as possible after cooking the sausage. Not only will it help the veggies cook, it'll make them extra tasty, too.

BUST OUT

- Large pot
- Large pan
- Slotted spoon
- Strainer
- Oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Parsley ¼ oz | ¼ oz
- Garlic 2 Cloves | 4 Cloves
- Red Onion 1 | 1
- Grape Tomatoes 4 oz | 8 oz
- Zucchini 1 | 2
- Red Bell Pepper 1 | 2
- Lemon 1 | 1
- Sweet Italian Sausage 9 oz | 18 oz
- Orzo Pasta 6 oz | 12 oz
- Parmesan Cheese ¼ Cup | 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. Finely chop **parsley**. Mince or grate **garlic**. Halve, peel, and finely chop **onion**. Halve **tomatoes**. Halve **zucchini** lengthwise, then slice into ¼-inch-thick half-moons. Core and seed **bell pepper**, then thinly slice. Cut **lemon** into wedges. Slice **sausage** into ½-inch-thick rounds.



4 COOK ORZO

Once water is boiling, add **orzo** to pot. Cook, stirring occasionally, until al dente, 7-9 minutes. Carefully scoop out and reserve ¼ cup **pasta cooking water**, then drain.



2 SEAR SAUSAGE

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **sausage** and cook until browned, 2-3 minutes per side. Remove from pan with a slotted spoon and set aside, keeping as much grease in pan as possible.



5 COOK PEPPERS

Add **bell pepper** and **garlic** to pan with **zucchini**. Cook, tossing, until bell peppers are softened, 2-4 minutes. Add **tomatoes** and cook until warmed through, 1-2 minutes. Season with **salt** and **pepper**.



3 COOK ZUCCHINI

Heat another drizzle of **oil** in same pan over medium heat. Add **onion** and **zucchini**. Cook, tossing, until softened, 5-6 minutes. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Toss **orzo** and **sausage** into pan with **veggie mixture**. Stir in half the **Parmesan**, a squeeze of **lemon**, and a splash of **pasta water**. Add more water as needed to create a loose consistency. Season with **salt** and **pepper**. Divide between plates, then garnish with **parsley** and remaining **Parmesan**.

VIBRANT!

This pasta is anything but plain.



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