



Cooking Made Easy

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Tuscan Pork Linguine



Juicy pork sausage and tomatoes create the perfect base for pasta sauce. Add some kick with chili flakes and a squeeze of lemon for a bright zing!

30 min

level 1

spicy

nut free



Sweet Italian Sausage



Garlic



Lemon



Chili Flakes



Diced Tomatoes



Linguine



Red Onion



Zucchini



Parmesan Cheese



Dried Thyme

Ingredients

	2 Person	4 Person
Sweet Italian Sausage	6 oz	11 oz
Linguine	6 oz	12 oz
Garlic	2 cloves	4 cloves
Red Onion	1	2
Lemon	1	2
Zucchini	1	2
Chili Flakes	1 t	2 t
Parmesan Cheese	¼ C	½ C
Dried Thyme	1 t	2 t
Diced Tomatoes	1 can	2 cans
Olive Oil*	1 T	2 T

*Not included

Allergens

1) Wheat

7) Milk

Nutrition per person Calories: 824 | Carbs: 87 g | Fat: 40 g | Protein: 34 g | Fiber: 12 g



1 Bring a large pot of **water** to a boil with a large pinch of **salt**. Meanwhile, quarter the **zucchini** lengthwise, then cut into ½-inch pieces. Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Cut **half the lemon** into wedges. Remove the **sausage** from its casing.

2 Heat 1 tablespoon **olive oil** in a pan over medium-high heat. Add the **sausage** and season with **salt** and **pepper**. Cook, breaking up the pieces, for about 6 minutes, until golden brown. Set aside.



3 Add the **onions** and **zucchini** to the same pan and season with **salt**, **pepper**, and as many **chili flakes** as you dare (we used ¼ teaspoon). Cook over medium heat for about 5 minutes, until onions have softened and zucchini is browned. Add the **garlic** and **thyme** and cook for 30 seconds, until fragrant.

4 Add the **linguine** to the boiling water and cook for 9-10 minutes, until al dente.



5 Add the **sausage** and the **diced tomatoes** and season with **pepper**. Bring to a boil, then reduce to a simmer while the pasta cooks.

6 Once cooked, drain and add the **linguine** to the pan with the **sauce**. Toss to combine and finish with a squeeze of **the half lemon**.

7 Serve the **pasta** in bowls and sprinkle the **parmesan cheese** on top. Serve with **lemon wedges** on the side!



Tip: Adding the pasta directly to the sauce at the end helps it to absorb all the flavors. Remember, pasta is the vehicle for that delicious sauce!