

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























Parmesan Cheese



Ingredients		2 Person	4 Person
Sweet Italian Sausage		6 oz	11 oz
Linguine	1)	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	7)	1/4 C	⅓ C
Dried Thyme		1 t	2 t
Diced Tomatoes		1 can	2 cans
Olive Oil*		1 T	2 T

*Not included

Allergens

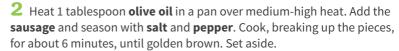
1) Wheat

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.





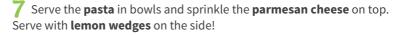
3 Add the **onions** and **zucchini** to the same pan and season with **salt**, **pepper**, and as many **chili flakes** as you dare (we used ¼ teaspoon). Cook over medium heat for about 5 minutes, until onions have softened and zucchini is browned. Add the **garlic** and **thyme** and cook for 30 seconds,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





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!