



Cooking Made Easy

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Seared Sausage with Warm Orzo Salad



Orzo pasta is perfect for soups and salads. In this warm salad, sausage serves as the ultimate flavor bomb, and carrots, zucchini and bell peppers create a fresh and colorful presentation. We finished it with a fresh squeeze of lemon to brighten the flavors.



35 min



level 1



nut free



lactose free



Sweet Italian Sausage



Zucchini



Red Onion



Baby Carrots



Lemon



Red Bell Pepper



Orzo



Garlic



Grape Tomatoes



Parsley

Ingredients	2 People	4 People
Sweet Italian Sausage	8 oz	16 oz
Orzo	1)	6 oz
Zucchini	1	2
Red Bell Pepper	1	2
Garlic	2 cloves	4 cloves
Red Onion	1	2
Grape Tomatoes	1 bunches	2 bunches
Baby Carrots	4 oz	8 oz
Parsley	1 bunch	2 bunches
Lemon	1	2
Olive Oil*	1 T + 1 t	2 T + 2 t

*Not included
Allergens
1) Wheat

Ruler
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Nutrition per person Calories: 877 | Carbs: 94 g | Fat: 41 g | Protein: 38 g | Fiber: 10 g



1 Bring a large pot of **water** to a boil with a large pinch of **salt**. Finely chop the **parsley**. Mince or grate the **garlic**. Halve, peel, and finely chop the **red onion**. Halve the **baby carrots** lengthwise. Halve the **grape tomatoes**. Cut the **zucchini** in half lengthwise and slice into 1/4-inch half-moons. Core, seed, and remove the white veins from the **bell pepper** and then thinly slice. Cut the **lemon** into wedges.



2 Heat 1 teaspoon **olive oil** in a non-stick pan over medium heat. When hot, sear the **sausages** for about 6 minutes, turning them until evenly brown. Remove from the pan and slice into 1/2-inch rounds on a diagonal. Return the sausage to the pan and brown the slices for about a minute or two. Set aside.



3 In the same pan, heat 1 tablespoon **olive oil** over medium heat. Add the **onion, carrot, and zucchini** and season with **salt and pepper**. Cook, tossing, for about 4 minutes.



4 Meanwhile, add the **orzo** to the **boiling water**. Cook for about 7-9 minutes, until al dente. Drain, reserving 1/4 cup of **pasta water**, and set aside.

5 While the pasta cooks, add the **peppers and garlic** to the pan and cook, tossing for 4-5 minutes, until veggies are crisp-tender. Add the **tomatoes** and season with **salt and pepper**. Cook for about 2 minutes, until tomatoes are softened.

6 Add the **sausage** back to the pan with the veggies. Add the **orzo**, a squeeze of **lemon juice**, and a splash of **pasta water**. Toss, taste, and season with **salt and pepper**.

7 Serve the **sausage and orzo salad** with a sprinkle of **parsley** on top!

Tip Hold it right there! Before you drain all that pasta water, reserve some for finishing your dishes. While the pasta cooks, it releases starches into the water that'll help add some body to your sauces.