



CHICKEN SAUSAGE CAVATAPPI BOLOGNESE

with Zucchini & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 2
Yellow Onion



1 TBSP | 2 TBSP
Italian Seasoning



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



9 oz | 18 oz
Italian Chicken
Sausage Mix



1.5 oz | 3 oz
Tomato Paste



1 | 2
Chicken Stock
Concentrate



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk

HELLO

SAUSAGE BOLOGNESE

The classic meat sauce gets a flavorful upgrade with spice-flecked Italian chicken sausage.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 820



SEASON OF LOVE

In step 1, make sure to thoroughly salt your water—a palmful should do the trick. This may feel excessive, but the results will prove why this step is so important. Cooking pasta in salty water seasons the noodles from the inside out.

BUST OUT

- Large pot
- Baking sheet
- Aluminum foil
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

* Chicken Sausage is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Halve, peel, and thinly slice **onion**.



4 COOK ONION & SAUSAGE

- While pasta cooks, heat a drizzle of **oil** in a large pan over medium-high heat. Add **onion** and a pinch of **salt** and **pepper**. Cook, stirring occasionally, until softened, 5-6 minutes.
- Add **sausage*** and cook, breaking up meat into pieces, until browned, 3-4 minutes (it'll finish cooking in the next step).



2 ROAST ZUCCHINI

- Toss **zucchini** on a baking sheet with a drizzle of **oil**, half the **Italian Seasoning** (you'll use the rest later), and a pinch of **salt** and **pepper**.
- Roast on top rack, tossing halfway through, until browned and tender, 14-16 minutes.
- Tent with foil to keep warm.



5 MAKE SAUCE

- Add **tomato paste** and remaining **Italian Seasoning** to pan. Cook, stirring constantly, until fragrant, 1 minute.
- Stir in **stock concentrate**, **1 cup reserved pasta cooking water** (1½ cups for 4 servings), and a big pinch of **salt** and **pepper**. Bring to a simmer; cook until sauce is slightly thickened and **sausage** is cooked through, 2-3 minutes. Reduce heat under pan to medium low.



3 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook until al dente, 9-11 minutes.
- Reserve **1½ cups pasta cooking water** (2 cups for 4 servings), then drain.



6 FINISH & SERVE

- Stir drained **cavatappi**, **zucchini**, **sour cream**, and **1 TBSP butter** (2 TBSP for 4 servings) into pan until thoroughly combined. **TIP: If needed, stir in more reserved cooking water a splash at a time until pasta is coated in sauce.**
- Divide pasta between bowls. Sprinkle with **Parmesan** and serve.