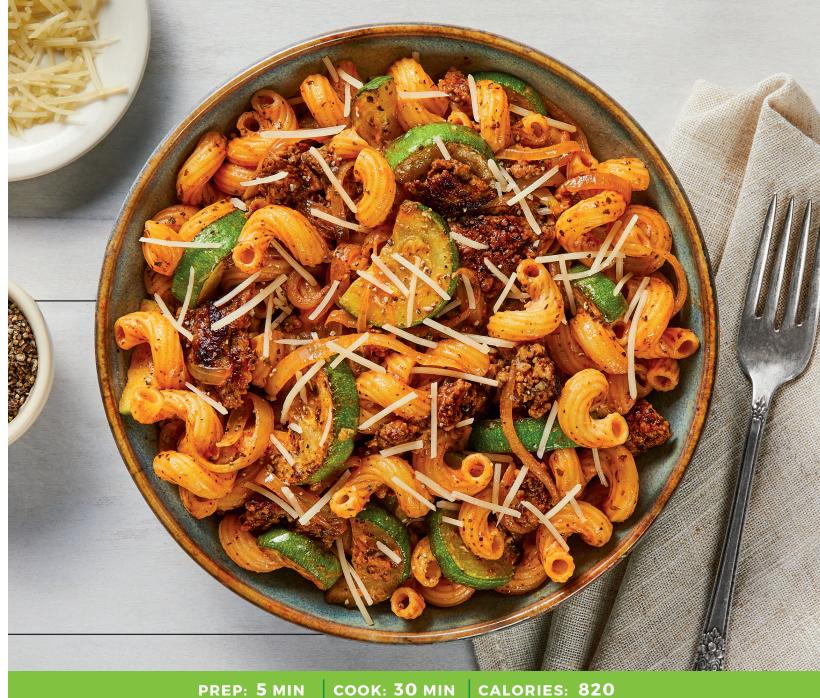
# **CHICKEN SAUSAGE CAVATAPPI BOLOGNESE**

with Zucchini & Parmesan



HELLO FRESH INGREDIENTS 2 PERSON | 4 PERSON 1 2 Zucchini Yellow Onion 1 TBSP | 2 TBSP 6 oz | 12 oz Cavatappi Pasta Italian Seasoning **Contains: Wheat** 9 oz | 18 oz 1.5 oz | 3 oz Tomato Paste Italian Chicken Sausage Mix 2 TBSP | 4 TBSP Chicken Stock Sour Cream Concentrate **Contains: Milk** 1/4 Cup | 1/2 Cup Parmesan Cheese Contains: Milk

1 2

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## HELLO

SAUSAGE BOLOGNESE

The classic meat sauce gets a flavorful upgrade with spiceflecked Italian chicken sausage.

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#### **SEASON OF LOVE**

In step 1, make sure to thoroughly salt your water—a palmful of kosher salt 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

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\* 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**.



## 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.



## **3 COOK PASTA**

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



## 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).



## **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.



## 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.
- WK 15-1