ITALIAN NOODLE SOUP

with Chicken Sausage, Fusilli Pasta, and Parmesan Toasts



HELLO -**ITALIAN NOODLE SOUP**

With fusilli, Parmesan, and Tuscan herbs, it's soup the way your nonna would've made it.

PREP: 15 MIN TOTAL: 35 MIN

CALORIES: 670



Carrot

Yellow Onion



Roma Tomato



Italian Chicken Sausage Meat



Tuscan **Heat Spice**



Garlic Powder



Chicken Stock Concentrates



Fusilli Pasta (Contains: Wheat)



Parmesan Cheese Ciabatta Bread







Chili Flakes

Baby Spinach

40.15 ONE-POT ITALIAN SAUSAGE AND FUSILLI SOUP_NJ.indd 1 9/13/18 4:30 PM

START STRONG

Master multitasker? Speed up dinner by cooking the sausage first as instructed in step 2. While it's cooking, you can prep the veggies from step 1.

BUST OUT

- Peeler
- Large pot
- Small bowl
- Olive oil (2 tsp | 2 tsp)
- Butter (11/2 TBSP | 3 TBSP)



PREP Wash and dry all produce. Trim and peel carrot, then cut into small cubes. Halve, peel, and finely chop **onion**. Cut tomato into small cubes.



COOK SAUSAGE Heat a drizzle of **olive oil** in a large pot over medium-high heat. Add sausage, breaking up meat into small pieces. Cook, tossing occasionally, until it begins to brown, about 7 minutes.



ADD VEGGIES Add another drizzle of olive oil to pot with sausage over mediumhigh heat, then stir in **carrot**, **onion**, and a large pinch of salt. Cook, stirring occasionally, until just softened, about 5 minutes

INGREDIENTS

Ingredient 2-person | 4-person

 Carrot 1|2 Yellow Onion 1/2 | 1

 Roma Tomato 1|1

• Italian Chicken Sausage Meat 9 oz | 18 oz

 Garlic Powder 1/2 tsp | 1 tsp

 Tuscan Heat Spice 1 TBSP | 1 TBSP

Chicken Stock Concentrates

Parmesan Cheese

· Ciabatta Bread

• Baby Spinach 5 oz | 5 oz

2 | 4 • Fusilli Pasta 3 oz | 6 oz 1/4 Cup | 1/2 Cup Chili Flakes 1tsp | 1tsp 1 | 2

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.







ADD SPICES AND PASTA Stir into same pot tomato, 1/4 tsp garlic powder, and half the Tuscan heat **spice** (use the rest of the spice as you like). Cook, stirring, until fragrant, about 1 minute. Stir in 3½ cups warm water and **stock concentrates**, scraping up any browned bits on bottom of pot. Stir in half the **fusilli** from package (use the rest as you like). Cover pot and bring to a boil, then immediately reduce heat to low. Simmer until fusilli is al dente. about 10 minutes.



MAKE TOASTS Place 2 TBSP butter in a small bowl and microwave until just softened, about 10 seconds (do not melt). Stir in 1 TBSP Parmesan, ¼ tsp garlic powder, a pinch of salt, and chili flakes to taste (save the rest of the cheese for the next step: use the rest of the garlic powder as you like). Split ciabatta in half and toast in a toaster or toaster oven until golden. Spread butter mixture onto cut side of ciabatta, then halve on a diagonal.



FINISH AND SERVE Stir **spinach** into **soup** in pot and let wilt. Stir in 2 TBSP Parmesan. Season with plenty of salt and pepper. Divide soup between bowls, then sprinkle with remaining Parmesan. Serve with ciabatta on the side for dipping. TIP: If you like it spicy, sprinkle more **chili** flakes onto the soup or ciabatta.

-USE YOUR NOODLE!-

Save the leftover pasta

for tomorrow's lunch.

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