



PORK SAUSAGE SPAGHETTI BOLOGNESE

with Zucchini Ribbons & Parmesan



HELLO BOLOGNESE

Italian-spiced pork sausage adds fun flavor to this rich, tomatoey sauce.

PREP: 5 MIN | TOTAL: 25 MIN | CALORIES: 840



Garlic



Zucchini



Tuscan Heat Spice



Parmesan Cheese
(Contains: Milk)



Spaghetti
(Contains: Wheat)



Italian Pork Sausage



Marinara Sauce

START STRONG

Our preferred technique for removing sausage casing, as you will in step 3? Using the tip of your knife, make a shallow slit along the length of the sausage, then peel away and discard the casing.

BUST OUT

- Large pot
- Peeler
- Strainer
- Large pan
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Garlic **2 Cloves** | **4 Cloves**
- Zucchini **1** | **2**
- Spaghetti **6 oz** | **12 oz**
- Italian Pork Sausage* **9 oz** | **18 oz**
- Tuscan Heat Spice **1 TBSP** | **2 TBSP**
- Marinara Sauce **14 oz** | **28 oz**
- Parmesan Cheese **¼ Cup** | **½ Cup**

* Pork Sausage is fully cooked when internal temperature reaches 160 degrees.



1 PREP

Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Mince **garlic**. Trim ends from **zucchini**. Using a peeler, shave zucchini lengthwise into thin ribbons, rotating as you go, until you get to the seedy core; discard core.



2 COOK PASTA

Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes. Reserve **½ cup pasta cooking water** (1 cup for 4 servings), then drain.



3 COOK SAUSAGE

While pasta cooks, remove **sausage** from casing; discard casing. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add sausage and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Stir in **garlic** and **Tuscan Heat Spice**; cook until fragrant, 30 seconds.



4 SIMMER SAUCE

Add **marinara** to pan with **sausage mixture**, then reduce heat to medium. Simmer until flavors meld and sauce is slightly reduced, 3-4 minutes.



5 TOSS PASTA

Add **spaghetti**, **¼ cup reserved pasta cooking water** (½ cup for 4 servings), and **1 TBSP butter** (2 TBSP for 4) to pan with **sauce**. Toss to thoroughly combine. Separate **zucchini ribbons** with your hands, then stir into pasta until slightly softened, 1-2 minutes. Taste and season with **salt** and **pepper**. **TIP:** If needed, stir in more reserved pasta cooking water a splash at a time until spaghetti is thoroughly coated in sauce.



6 SERVE

Divide **pasta** between bowls; top with **Parmesan** and serve.

GADZUKES

Try zucchini ribbons tossed with a simple dressing of olive oil, lemon juice, salt, and pepper for an easy, no-cook side.



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