



# SAUSAGE PASTA - DINNER

# SHALLOT ZUCCHINI RISOTTO - LUNCH



**COOK IT ONCE, EAT IT TWICE**

Tonight's dinner extras transform into tomorrow's lunch.

**DINNER | TOTAL: 45 MIN | CALORIES: 840**

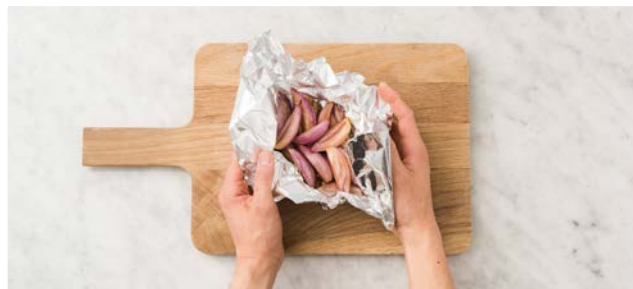
**LUNCH | TOTAL: 5 MIN | CALORIES: 800**

**INGREDIENTS FOR: 2-person | 4-person**

- |  |  |  |  |   |   |  |
|--|--|--|--|---|---|--|
| <br>Red Onion<br>1   1              | <br>Tarragon<br>¼ oz   ¼ oz | <br>Shallots<br>2   2                 | <br>Chicken Stock Concentrates<br>3   4 | <br>Gemelli Pasta<br>(Contains: Wheat)<br>6 oz   12 oz | <br>Sour Cream<br>(Contains: Milk)<br>4 TBSP   6 TBSP      | <br>Zucchini<br>1   1 |
| <br>Button Mushrooms<br>4 oz   8 oz | <br>Lemon<br>1   2          | <br>Balsamic Vinegar<br>3 tsp   5 tsp | <br>Arborio Rice<br>¾ Cup   ¾ Cup       | <br>Sweet Italian Chicken Sausage<br>18 oz   27 oz     | <br>Parmesan Cheese<br>(Contains: Milk)<br>¾ Cup   1¼ Cups |  |

**BUST OUT** • Large pot • Aluminum foil • Baking sheet • Medium bowl • 2 Large pans • Strainer  
 • Peeler • 2 Plastic containers • Olive oil (4 tsp | 8 tsp) • Butter (4 TBSP | 8 TBSP) (Contains: Milk)

**DINNER**



**1 PREHEAT AND PREP**

**Wash and dry all produce.** Adjust racks to middle and upper position and preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. Trim and thinly slice **mushrooms**. Halve, peel, and finely dice **onion**. Pick **tarragon leaves** from stems and roughly chop; discard stems. Cut **lemon** into wedges. Halve, peel, and quarter **shallots**, then place on a large piece of aluminum foil and toss with **salt, pepper, 1 TBSP vinegar** (we sent more), and a drizzle of **olive oil**.

**2 COOK SHALLOTS AND ONION**

Wrap and seal foil around **shallots** to create a packet. Place on a baking sheet and roast in oven on upper rack until softened, about 25 minutes. Meanwhile, stir together **3 cups water** and **2 stock concentrates** in a medium bowl. Microwave on high for 1 minute. (**TIP:** Alternatively, bring mixture to a boil in a small pot.) Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add half the **onion** and all of the **rice**. Cook, stirring, until translucent, 1-2 minutes.

**3 BAKE RICE AND BOIL PASTA**

Stir **stock** into pan. Bring to a boil, then lower heat and reduce to a simmer. Cover pan with a lid or foil and bake in oven on middle rack until rice is al dente, 20-25 minutes. (**TIP:** If your pan isn't ovenproof, transfer contents of pan to a small baking dish and cover with foil.) Once water boils, add **gemelli** to pot. Cook, stirring occasionally, until al dente, about 11 minutes. Reserve **1 cup pasta cooking water**, then drain well.



**4 COOK SAUSAGE AND MUSHROOMS**

Heat a drizzle of **olive oil** in another large pan over medium-high heat. Remove **sausage** from casings. Add to pan, breaking up meat into pieces. Cook until browned and cooked through. Remove from pan and set aside. Heat **1 TBSP butter** and another drizzle of olive oil in same pan. Add **mushrooms** and remaining **onion**. Cook, tossing, until tender and browned, 5-6 minutes.

**5 FINISH AND SERVE DINNER**

Stir remaining **stock concentrate**,  $\frac{1}{4}$  cup **pasta water**, and a squeeze of **lemon juice** into pan. Reduce heat to low, then stir in **1 TBSP butter, sour cream**, and half the **tarragon**. Stir in **gemelli** and half the **sausage**. Season with plenty of **salt** and **pepper**. (**TIP:** Add a splash of pasta water if sauce is dry.) Divide between plates and sprinkle with  $\frac{1}{4}$  cup **Parmesan** (1 packet) and remaining **tarragon** (to taste), then serve.

**LUNCH**



**6 MAKE LUNCH**

Stir **2 TBSP butter, shallots**, and remaining **sausage** into **rice**. Using a peeler, shave **zucchini** lengthwise into ribbons, rotating until you get to core; discard core. Stir ribbons into rice. Season with plenty of **salt** and **pepper**. Divide between reusable plastic containers and pack with remaining **Parmesan**. Keep refrigerated. When ready to eat, microwave on high until hot, 2-3 minutes, then sprinkle with Parmesan.