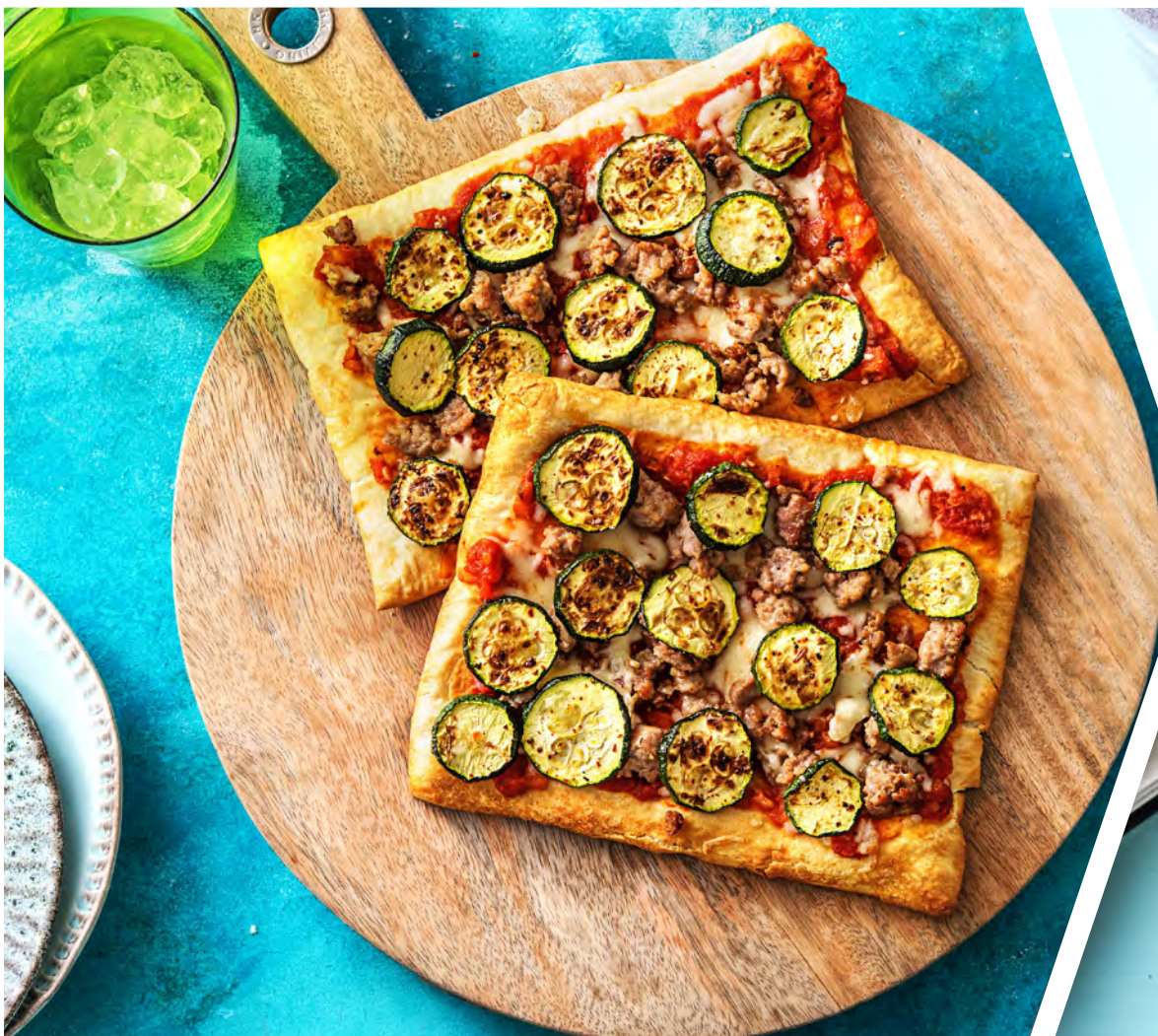




# SAUSAGE FLATBREAD - DINNER

# TOMATO PASTA - LUNCH












## Dinner <sup>2</sup> Lunch

**COOK IT ONCE, EAT IT TWICE**

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

<b>DINNER</b>	<b>TOTAL: 40 MIN</b>	<b>CALORIES: 640</b>
<b>LUNCH</b>	<b>TOTAL: 5 MIN</b>	<b>CALORIES: 770</b>

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

- |  |  |  |   |   |   |   |
|--|--|--|---|---|---|---|
| <br>Zucchini<br>2   3     | <br>Scallions<br>2   4             | <br>Tuscan Heat Spice<br>1 TBSP   2 TBSP              | <br>Italian Chicken Sausage Mix<br>18 oz   27 oz | <br>Chicken Stock Concentrate<br>1   2       | <br>Mozzarella Cheese<br>(Contains: Milk)<br>½ Cup   1 Cup | <br>Parmesan Cheese<br>(Contains: Milk)<br>½ Cup   ½ Cup |
| <br>Yellow Onion<br>1   1 | <br>Garlic<br>2 Cloves   2 Cloves | <br>Gemelli Pasta<br>(Contains: Wheat)<br>6 oz   6 oz | <br>Crushed Tomatoes<br>13.76 oz   27.52 oz      | <br>Flatbreads<br>(Contains: Wheat)<br>2   4 | <br>Sour Cream<br>(Contains: Milk)<br>2 TBSP   2 TBSP      |   |



**BUST OUT** • Large pot • Baking sheet • 2 Medium bowls • Strainer • Large pan • 2 Reusable containers  
• Vegetable oil (3 tsp | 4 tsp) • Olive oil (1 TBSP | 2 TBSP) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)



Chicken sausage is fully cooked when internal temperature reaches 165 degrees.

## DINNER



### 1 PREP

Preheat oven to 500 degrees or broiler to high with rack 3-4 inches from flame. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Trim **zucchini**, then slice into 1/3-inch-thick rounds. Halve, peel, and finely dice **onion**. Trim and thinly slice **scallions**, separating whites from greens. Mince or grate **garlic**.

### 2 BROIL ZUCCHINI

Spread out **zucchini** on a lightly **oiled** baking sheet. Top with a large drizzle of **oil**. Season with **1 tsp Tuscan Heat Spice** (save the rest for step 4) and plenty of **salt** and **pepper**. Bake or broil until browned, 5-7 minutes. (**TIP:** Keep an eye out for any burning.) Transfer zucchini to a medium bowl and reduce oven temperature to 450 degrees.

### 3 COOK PASTA AND SAUSAGE

Once water boils, add **gemelli** to pot. Cook until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water**, then drain. Meanwhile, heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **sausage** and cook, breaking up meat into pieces, until cooked through, 4-6 minutes. Remove from pan and set aside in another medium bowl.



### 4 MAKE SAUCE

Heat another large drizzle of **olive oil** in same pan over medium-high heat. Add **onion** and **scallion whites**. Cook, stirring, until softened, 2-3 minutes. Add **garlic** and remaining **Tuscan Heat Spice**. Cook until fragrant, about 30 seconds. Add **tomatoes**, **stock concentrate**, and 1/2 cup **reserved pasta cooking water**. Bring to a boil, then lower heat and reduce to a simmer. Season with plenty of **salt** and **pepper**.

### 5 BAKE AND SERVE DINNER

Place **flatbreads** on baking sheet used for zucchini. Spread each flatbread with about 1/3 cup **sauce**. Evenly sprinkle with **mozzarella**, then arrange half the **zucchini** and half the **sausage** on top. Bake until cheese melts and crust is golden brown and crisp, 5-7 minutes. Cut into slices, sprinkle with half the **scallion greens**, and serve.



### 6 PACK PASTA LUNCH

To prep lunch, place pan with remaining **sauce** over medium-low heat. Stir in **2 TBSP butter** and **sour cream**. Add more **pasta cooking water**, if needed, to loosen. Stir in **gemelli** along with remaining **sausage**, **zucchini**, and **scallion greens**. Divide between reusable containers. Pack with **Parmesan** and keep refrigerated. When ready to eat, microwave on high for 2-3 minutes, then sprinkle with Parmesan.

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