

Italian Sausage and Baby Broccoli Pasta

with Oregano Gremolata and Parmesan Cheese

Gremolata may sound fancy, but it's really just a simple combination of herbs, garlic, and lemon zest. Our chefs added almonds into the mix and toasted it all for a deep flavor and slight crunch. We may be biased, but we think it pairs beautifully with the old-school Italian combo of sausage, baby broccoli, and pasta.



Prep: 10 min Total: 30 min



level 1



Sweet Italian













Almonds



| Ingredients | | 2 People | 4 People | *************************************** | |
|-----------------------|----|----------|----------|---|--|
| Sweet Italian Sausage | | 9 oz | 18 oz | *Not Included | |
| Gemelli Pasta | 1) | 6 oz | 12 oz | Allergens | |
| Baby Broccoli | | 6 oz | 12 oz | 1) Wheat | |
| Parmesan Cheese | 2) | 1/4 Cup | ½ Cup | 2) Milk | |
| Garlic | | 2 Cloves | 4 Cloves | 3) Tree Nuts | |
| Almonds | 3) | 1 oz | 2 oz | | |
| Oregano | | 1/4 OZ | ½ oz | Tools | |
| Lemon | | 1 | 2 | Large pot, Baking sheet, | |
| Olive Oil* | | 1 T | 2 T | Slotted spoon, Strainer, | |
| | | | | Large pan, Zester | |

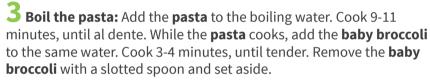
Nutrition per person Calories: 767 cal | Fat: 31 g | Sat. Fat: 9 g | Protein: 45 g | Carbs: 85 g | Sugar: 6 g | Sodium: 936 mg | Fiber: 11 g



Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Bring a large pot of salted water to a boil. Line up the baby broccoli on your cutting board, and cut into 1-inch pieces. Discard the ends. Roughly chop the garlic. Pick the oregano leaves off the stems. Discard the stems.



Cook the sausage: Place the **sausage** onto a baking sheet. Cook in the oven for about 15 minutes.





Prep the gremolata: Meanwhile, place the almonds, oregano leaves, and chopped garlic in a pile on your cutting board. Run your knife over the mixture until finely chopped (some larger pieces of nuts can remain). Check on the pasta, drain when ready, then return to the pot.



5 Cook the gremolata: Heat a large drizzle of olive oil in a large pan over medium-low heat. Add the gremolata mixture. Cook, tossing, for 3-4 minutes, until beginning to turn golden brown. Season generously with **salt** and **pepper**. Remove pan from heat. Zest about **1 teaspoon lemon** directly in the pan, and stir thoroughly to release the lemon oils.



Toss and serve: Thinly slice the **sausage.** Halve the **lemon.** Toss the sausage, baby broccoli, gremolata, half the Parmesan cheese, and a drizzle of **olive oil** into the pot with the **pasta**. Reheat over medium heat if necessary. Season generously with salt and pepper. Stir in a squeeze of **lemon**, to taste. Divide between bowls, serve with the remaining Parmesan cheese, and enjoy!

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