



TUSCAN SAUSAGE AND PEPPER SPAGHETTI

with Tomatoes and Parmesan



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic, Italian-style herbs also packs a pinch of peppery hot pizzazz.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 890**



Yellow Onion



Tuscan Heat Spice



Sweet Italian Pork Sausages



Chicken Stock Concentrates



Parmesan Cheese
(Contains: Milk)



Red Bell Pepper



Whole Peeled Tomatoes



Parsley



Whole Wheat Spaghetti
(Contains: Wheat)

START STRONG


Here's a time-saving trick for the hustle-bustle of the season: if you have a food processor, give the tomatoes a few pulses in there to break them up quickly in step 1.

BUST OUT

- Large pot
- Medium bowl
- Large pan
- Strainer
- Oil (2 TBSP)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Yellow Onion 1
- Red Bell Pepper 1
- Parsley ¼ oz
- Whole Peeled Tomatoes 28 oz
- Tuscan Heat Spice  2 TBSP
- Sweet Italian Pork Sausage 18 oz
- Whole Wheat Spaghetti 12 oz
- Chicken Stock Concentrates 2
- Parmesan Cheese ½ Cup

HELLO WINE



PAIR WITH
Three Hares South Africa
Pinotage, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Halve, peel, and thinly slice **onion** from pole to pole into strands. Core and seed **bell pepper**, then cut into thin strips. Mince **parsley**. Place **tomatoes** in a medium bowl and break up with your hands into small pieces.



4 COOK PASTA

Once water boils, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Carefully scoop out and reserve **3 cups pasta cooking water**, then drain.



2 COOK VEGGIES

Heat **4 tsp oil** in a large pan over medium-high heat. Add **onion, bell pepper**, and half the **Tuscan heat spice**. Cook, tossing, until slightly softened, 3-4 minutes.



5 SIMMER SAUCE

Meanwhile, once sausage is browned, add **tomatoes** to pan. Season with **salt, pepper**, and remaining **Tuscan heat spice**, then give everything a stir. Bring to a boil, then lower heat and let simmer until pasta is done. After you've drained spaghetti, stir **2 cups pasta cooking water** and **stock concentrates** into pan. Continue simmering until slightly reduced, about 2 minutes.



3 COOK SAUSAGE

Remove **sausage** from casings. Add sausage and a large drizzle of **oil** to pan with veggies, breaking up meat into pieces. Cook, tossing occasionally, until sausage is cooked through and browned at edges, about 5 minutes.



6 FINISH AND SERVE

Add **spaghetti** to pan, tossing to coat. (**TIP:** Add more pasta cooking water if needed to give sauce a loose consistency.) Stir in **2 TBSP butter**, half the **parsley**, and half the **Parmesan**. Season with **salt** and **pepper**. Divide between bowls, then sprinkle with remaining parsley and Parmesan.

FRESH TALK

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