



TUSCAN SAUSAGE & PEPPER SPAGHETTI

with Tomatoes & Parmesan



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic Italian-style herbs also packs a peppery punch.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 920**



Yellow Onion



Parsley



Italian Pork Sausage



Diced Tomatoes



Parmesan Cheese
(Contains: Milk)



Bell Pepper*



Tuscan Heat Spice



Spaghetti
(Contains: Wheat)



Chicken Stock Concentrate

*Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG

Our preferred technique for removing sausage casing, as you will in step 1? 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
- Large pan
- Strainer
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

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

- Yellow Onion 1 | 1
- Bell Pepper 1 | 1
- Parsley ¼ oz | ¼ oz
- Italian Pork Sausage* 9 oz | 18 oz
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Spaghetti 6 oz | 12 oz
- Diced Tomatoes 14 oz | 28 oz
- Chicken Stock Concentrate 1 | 2
- 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.** Halve, peel, and thinly slice **onion**. Halve, core, and thinly slice **bell pepper** into strips. Mince **parsley**. Remove **sausage** from casing; discard casing.



4 COOK PASTA

Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water** (1½ cups for 4 servings), then drain.



2 COOK VEGGIES

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **onion, bell pepper**, and half the **Tuscan Heat Spice** (you'll use the rest later). Cook, stirring, until slightly softened, 3-4 minutes.



5 SIMMER SAUCE

Once **sausage** is cooked through, add **diced tomatoes** to pan. Season with **salt, pepper**, and remaining **Tuscan Heat Spice**. Bring to a boil, then lower heat and let simmer while spaghetti cooks. After you've drained spaghetti, stir **stock concentrate** and **¾ cup reserved pasta cooking water** (1 cup for 4 servings) into pan. Continue simmering until slightly reduced, 1-2 minutes more.



3 COOK SAUSAGE

Add **sausage** and another drizzle of **oil** to pan. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.



6 FINISH & SERVE

Add **spaghetti** to pan; toss to coat. (For 4 servings, carefully transfer everything into pot used for pasta.) Stir in **1 TBSP butter** (2 TBSP for 4), half the **parsley**, and half the **Parmesan**. (**TIP:** If needed, stir in remaining reserved pasta cooking water a splash at a time until spaghetti is thoroughly coated in sauce.) Season with **salt** and **pepper**. Divide pasta between bowls and sprinkle with remaining parsley and Parmesan.

VEG OUT

For a meatless version of this dish, try swapping out the sausage for more veggies! We especially love mushrooms and zucchini.



Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com

WK 7 NJ-3