



# "LITTLE EARS" PASTA

with Baby Broccoli and Pesto


PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

NUT  
FREE



## INGREDIENTS:

- Baby Broccoli
- Italian Chicken Sausage
- Orecchiette (Contains: Wheat)
- Chili Flakes 
- Parmesan Cheese (Contains: Milk)
- Pesto (Contains: Milk)

## FOR 4 PEOPLE:

- 12 oz
- 18 oz
- 12 oz
- 1 tsp
- ½ Cup
- 4 oz

## HELLO ORECCHIETTE

This pasta's name means "little ears" in Italian

## NUTRITION PER SERVING

723 cal | Fat: 28 g | Sat. Fat: 6 g | Protein: 43 g | Carbs: 77 g | Sugar: 5 g | Sodium: 919 mg | Fiber: 6 g

## START STRONG

**Don't stray too far away from the pot when cooking pasta!** The secret to al dente perfection is to stir often and taste starting at seven minutes into cooking. Continue tasting every 30 seconds or so until it has that supple bite.



### 1 PREP

#### Wash and dry all produce.

Bring a large pot of **salted water** to a boil. Trim and discard bottom inch of **baby broccoli**, then cut stalks and florets into 1-inch pieces. Remove **sausage** from casings.



### 2 BOIL PASTA

Add **pasta** to boiling water. Cook until al dente, 9-11 minutes. Drain, reserving  $\frac{1}{2}$  cup **pasta water**.

## BUST OUT

- Large pot
- Large pan
- Olive oil (2 tsp | 4 tsp)
- Strainer



### 3 COOK BABY BROCCOLI

Heat a large drizzle of **olive oil** in a large pan over medium heat. Add **baby broccoli** and cook until tender, 5-7 minutes, tossing occasionally. Season with **salt** and **pepper**. Remove from pan and set aside.



### 4 COOK SAUSAGE

Heat another large drizzle of **olive oil** in same pan over medium-high heat. Add **sausage** and break up into pieces. Cook until browned and cooked through, 4-5 minutes. Add a pinch of **chili flakes** (if desired), and cook another 30 seconds.



### 5 ADD REMAINING INGREDIENTS

Add **pasta**, **baby broccoli**, half the **Parmesan cheese**, **reserved pasta water**, and **pesto** to pan.



### 6 TOSS AND SERVE

Toss until the **pasta** is covered in a saucy coating, 1-2 minutes. Season with **salt** and **pepper**. Serve sprinkled with remaining **Parmesan cheese**.

## BUON APPETITO!

Colorful, cheesy,  
al dente perfection.

