



VEGGIE-LOADED ORZO AND SAUSAGE

with Zucchini, Tomatoes, and Bell Pepper



HELLO

VEGGIE EXTRAVAGANZA

Tomatoes, zucchini, and bell pepper make this one fully-packed pasta.

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 830



Parsley



Red Onion



Zucchini



Lemon



Orzo Pasta
(Contains: Wheat)



Garlic



Grape Tomatoes



Red Bell Pepper



Sweet Italian
Pork Sausage



Parmesan Cheese
(Contains: Milk)

START STRONG

Leave as much grease in the pan as possible after cooking the sausage. Not only will it help the veggies cook, it'll make them extra tasty, too.

BUST OUT

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

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|------------------------------|---------------------|
| • Parsley | ¼ oz ¼ oz |
| • Garlic | 2 Cloves 4 Cloves |
| • Red Onion | 1 1 |
| • Grape Tomatoes | 4 oz 8 oz |
| • Zucchini | 1 2 |
| • Red Bell Pepper | 1 2 |
| • Lemon | 1 1 |
| • Sweet Italian Pork Sausage | 9 oz 18 oz |
| • Orzo Pasta | 6 oz 12 oz |
| • Parmesan Cheese | ¼ Cup ½ Cup |

HELLO WINE



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1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Finely chop **parsley**. Mince or grate **garlic**. Halve, peel, and finely chop **onion**. Halve **tomatoes**. Halve **zucchini** lengthwise, then slice into ¼-inch-thick half-moons. Core and seed **bell pepper**, then thinly slice. Cut **lemon** into wedges. Remove **sausage** from casings.



4 COOK ORZO

Once water is boiling, add **orzo** to pot. Cook, stirring occasionally, until al dente, 7-9 minutes. Carefully scoop out and reserve ¼ **cup pasta cooking water**, then drain.



2 BROWN SAUSAGE

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **sausage** and cook until browned, 4-5 minutes. Remove from pan with a slotted spoon and set aside, keeping as much grease in pan as possible.



5 COOK REMAINING VEGGIES

Add **bell pepper** and **garlic** to pan with **zucchini**. Cook, tossing, until bell pepper softens, 2-4 minutes. Add **tomatoes** and cook, tossing, until warmed through, 1-2 minutes. Season with **salt** and **pepper**.



3 COOK ZUCCHINI

Heat another drizzle of **olive oil** in same pan over medium heat. Add **onion** and **zucchini**. Cook, tossing, until softened, 5-6 minutes. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Toss **orzo** and **sausage** into pan with veggie mixture. Stir in half the **Parmesan**, a squeeze of **lemon**, and a splash of **pasta water**. Add more water as needed to create a loose consistency. Season with **salt** and **pepper**. Divide between plates, then garnish with **parsley** and remaining Parmesan.

VIBRANT!

So many veggies,
so much deliciousness

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