



SAUSAGE PEPPER PASTA - DINNER

SAUSAGE SUB SANDWICHES - LUNCH




COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 35 MIN	CALORIES: 980
LUNCH	TOTAL: 5 MIN	CALORIES: 900

INGREDIENTS FOR: 2-person | 4-person

- | | | | | | | | |
|--|---|---|--|---|--|---|--|
| 
Yellow Onion
1 2 | 
Bell Pepper*
1 2 | 
Penne Pasta
(Contains: Wheat)
6 oz 12 oz | 
Chicken Demi-Glace
(Contains: Milk)
1 2 | 
Parmesan Cheese
(Contains: Milk)
¼ Cup ½ Cup | 
Demi-Baguettes
(Contains: Wheat)
2 2 | 
Dijon Mustard
4 tsp 4 tsp | 
Gouda Cheese
(Contains: Milk)
2 Slices 2 Slices |
| 
Scallions
2 4 | 
Sweet Italian Pork Sausages
18 oz 27 oz | 
Tuscan Heat Spice
1 TBSP 2 TBSP | 
Sour Cream
(Contains: Milk)
4 TBSP 8 TBSP | 
Parsley
¼ oz ¼ oz | 
Mayonnaise
4 TBSP 4 TBSP
(Contains: Eggs) | 
Hot Sauce
2 tsp 2 tsp | * Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious! |

BUST OUT • Large pot • Large pan • Baking sheet • Strainer • Medium bowl • 2 Plastic containers
• Olive oil (1 TBSP | 2 TBSP) • Butter (1 TBSP | 2 TBSP) (Contains: Milk)

DINNER



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to top position and preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. Halve, peel, and thinly slice **onion**. Trim, then thinly slice **scallions**, separating greens and whites. Core and seed **bell pepper**, then thinly slice. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **sausages** and cook, turning, until browned all over, 4-6 minutes.



2 BAKE SAUSAGES AND BOIL PASTA

Transfer **sausages** to a baking sheet. Bake in oven until firm and cooked through, about 12 minutes. Once done, slice half the sausages (3 links) into thin rounds (leave the others whole and save for lunch). Once water boils, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Scoop out and reserve **1 cup pasta water**, then drain well.



3 COOK VEGGIES

Meanwhile, heat a large drizzle of **olive oil** in pan used for sausages over medium-high heat. Add **bell pepper, onion, scallion whites**, and half the **Tuscan heat spice**. Cook, tossing, until pepper and onion are softened and lightly browned, 6-8 minutes. Remove from pan and set aside in a medium bowl.

4 FINISH AND SERVE DINNER

Add **demi-glace**, remaining **Tuscan heat spice**, and $\frac{1}{2}$ **cup pasta water** to same pan over medium-high heat and stir to combine. Bring to a boil, then reduce heat to low. Stir in **sour cream** and **1 TBSP butter**. Season with **salt** and **pepper**. Stir in **penne, sliced sausages**, and half the **veggies** (save the rest for lunch). Season with salt and pepper. (**TIP:** Add more pasta water, if needed, to give sauce a loose consistency.) Divide between plates, sprinkle with **scallion greens** and **Parmesan**, then serve.

HelloFRESH

LUNCH



5 PACK LUNCH FOR TWO

Slice remaining **sausages** in half lengthwise and toss with remaining **veggies** in bowl. Roughly chop **parsley**, then toss into sausages and veggies. Divide mixture between two reusable plastic containers and keep refrigerated overnight. Pack each lunchbox with a **demi-baguette**, a slice of **Gouda cheese**, and a packet each of **mayonnaise, mustard**, and **hot sauce**.



6 MAKE SANDWICHES

When ready to eat, split **baguettes** lengthwise. Spread each with **mayonnaise** and **mustard** as desired, then fill with **sausages** and **veggies**. Drizzle with **hot sauce**, to taste. Top each with a slice of **Gouda cheese**. Microwave on high for 1-2 minutes. Cut in half before enjoying.