



# VEGGIE-LOADED ORZO AND SAUSAGE

with Lemon and Parmesan



## HELLO

### VEGGIE EXTRAVAGANZA

Tomatoes, zucchini, and bell peppers make for a fully loaded dish

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 850



Parsley



Red Onion



Zucchini



Lemon



Orzo Pasta  
(Contains: Wheat)



Garlic



Grape Tomatoes



Red Bell Peppers



Sweet Italian 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
- Oil (4 tsp)

## INGREDIENTS

Ingredient 4-person

- |                         |          |
|-------------------------|----------|
| • Parsley               | ¼ oz     |
| • Garlic                | 4 Cloves |
| • Red Onion             | 1        |
| • Grape Tomatoes        | 8 oz     |
| • Zucchini              | 2        |
| • Red Bell Peppers      | 2        |
| • Lemon                 | 1        |
| • Sweet Italian Sausage | 18 oz    |
| • Orzo Pasta            | 12 oz    |
| • Parmesan Cheese       | 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 peppers**, then thinly slice. Cut **lemon** into wedges. Slice **sausage** into ½-inch-thick rounds.



### 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 ½ cup **pasta cooking water**, then drain.



### 2 SEAR SAUSAGE

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sausage** and cook until browned, 2-3 minutes per side. Remove from pan with a slotted spoon and set aside, keeping as much grease in pan as possible.



### 5 COOK PEPPERS

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



### 3 COOK ZUCCHINI

Heat another large drizzle of **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!

This pasta is anything but plain.



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