



Cooking Made Easy

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Fregula Sarda & Sweet Italian Sausage with Wilted Spinach & Baby Portobellos



Fregula Sarda is a Sardinian pasta made from coarse Semolina flour. Its nutty, rustic character pairs perfectly with sweet sausage and woody thyme. Tossed with portobellos and topped with garlicky spinach, this dish has weeknight comfort food written all over it.

35 min

level 1

nut free



Fregula Sarda



Sweet Italian Sausage



Spinach



Parmesan Cheese



Onion



Stock Concentrate



Garlic



Thyme



Baby Portobello Mushrooms

Ingredients	2 People	4 People
Fregula Sarda	1)	1 ½ C
Sweet Italian Sausage		18 oz
Baby Portobello Mushrooms		8 oz
Thyme	1 sprig	2 sprigs
Stock Concentrate	1	2
Onion	1	2
Garlic	2 cloves	4 cloves
Parmesan Cheese	2)	½ C
Spinach	5 oz	10 oz
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large Pan, Medium Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 650 cal | Carbs: 21 g | Fat: 48 g | Protein: 38 g | Fiber: 4 g



1 Halve, peel, and finely chop the **onion**. Slice the **mushrooms**. Thinly slice the **garlic**. Strip the **thyme leaves** off the sprig, then finely chop. Remove the **sausage** from the casings.



2 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **sausage** and **onion** to the pan and cook, breaking up the pieces, for about 3-4 minutes, until sausage is browned but not yet cooked through.



3 Add the **mushrooms**, **half the garlic**, and **thyme** to the pan with the sausage and cook, tossing, 4-5 minutes, until softened. Add the **fregula sarda** and stir for about 1 minute to lightly toast. Add 2 cups **water** and the **stock concentrate** and bring to a boil. Reduce to a simmer, and cook for about 15 minutes, until fregula sarda is tender with a bit of bite to it.



4 Meanwhile, heat 1 tablespoon **olive oil** in a medium pan over medium heat. Add the **remaining garlic** and cook for 30 seconds, until fragrant. Add the **spinach** and cook, tossing, about 2-3 minutes, until wilted. Add a splash of **water**, if necessary. Season with **salt** and **pepper**.

5 Stir the **Parmesan** into the **fregula sarda mixture** and serve in bowls topped with the **wilted spinach**.