



More than Food

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Fregola Sarda & Sweet Italian Sausage with Mushrooms, Wilted Spinach, and Parmesan

Fregola sarda is a Sardinian pasta made from coarse semolina flour. Its nutty, rustic character pairs perfectly with sweet sausage and woody thyme. Tossed with mushrooms and topped with garlicky spinach, the dish has weeknight comfort food written all over it.



30 min



level 1



nut free



Sweet Italian Sausage



Fregola Sarda



Onion



Garlic



Button Mushrooms



Baby Spinach



Oregano



Parmesan Cheese



Chicken Stock Concentrate

Ingredients

	2 People	4 People
Sweet Italian Sausage	9 oz	18 oz
Fregola Sarda 1)	¾ C	1 ½ C
Onion	1	2
Garlic	2 cloves	4 cloves
Button Mushrooms	4 oz	8 oz
Baby Spinach	5 oz	10 oz
Oregano	¼ oz	½ oz
Parmesan Cheese 2)	¼ C	½ C
Chicken Stock Concentrate	1	2
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

2 Large Pans

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 787 cal | Fat: 45 g | Sat. Fat: 14 g | Protein: 39 g | Carbs: 59 g | Sugar: 7 g | Sodium: 1093 mg | Fiber: 8 g

Make sure to wash and dry produce before prepping or cooking!

1



1 Prep the ingredients: Halve, peel, and finely chop the **onion**. Thinly slice the **mushrooms**. Thinly slice the **garlic**. Finely chop the **oregano** leaves.

2



2 Brown the sausage: Heat **1 Tablespoon olive oil** in a large pan over medium heat. Remove the **sausage** from the casings. Add the **sausage** and **onion** to the pan and cook, breaking up the pieces, for 3-4 minutes, until browned.

3



3 Cook the mushrooms: Add the **mushrooms**, **oregano**, and **half the garlic** to the pan with the **sausage** and cook, tossing, for 3-4 minutes, until the **vegetables** soften.

5



4 Cook the fregola sarda: Add the **fregola sarda** to the pan with the **sausage mixture** and toss for 1-2 minutes, until toasted. Add the **stock concentrate** and **1 ½ cups water** to the pot. Bring to a simmer and cook for about 15 minutes, uncovered, until the fregola sarda is al dente.

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

6 Plate: Stir the **Parmesan** into the **fregola sarda** and serve in bowls topped with the wilted **spinach**.