



More than Food

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Tuscan Sausage Linguine

with Zucchini, Chilies, and Parmesan

Juicy pork sausage, thyme, and garlic create the perfect flavor base for this classic pasta sauce. Zesty lemon and spicy chili flakes add a serious kick. This recipe is so simple and delicious, it's sure to become a part of your weekly repertoire.



30 min



level 1



nut free



Sweet Italian Sausage



Garlic



Lemon



Chili Flakes



Diced Tomatoes



Linguine



Red Onion



Zucchini




Parmesan Cheese



Dried Thyme

Ingredients

	2 People	4 People
Sweet Italian Sausage	9 oz	18 oz
Garlic	2 cloves	4 cloves
Lemon	1	1
Chili Flakes 	1 t	1 t
Diced Tomatoes	1 box	2 boxes
Linguine 1)	6 oz	12 oz
Red Onion	1	2
Zucchini	1	2
Parmesan Cheese 2)	1 oz	2 oz
Dried Thyme	1 t	2 t
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large Pan, Large Pot, Strainer

Ruler

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Nutrition per person Calories: 862 cal | Fat: 37 g | Sat. Fat: 13 g | Protein: 42 g | Carbs: 100 g | Sugar: 21 g | Sodium: 1246 mg | Fiber: 10 g

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

1



1 Prep the ingredients: Bring a large pot of water with a large pinch of **salt** to a boil. Quarter the **zucchini** lengthwise, then thinly slice widthwise. Halve, peel, and thinly slice the **onion**. Mince or grate the **garlic**. Cut half of the **lemon** into wedges. Remove the **sausage** from its casing.

3



2 Cook the sausage: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **sausage** and cook, breaking the meat up into pieces, for 5-6 minutes, until golden brown and cooked through. Set aside.

3 Cook the vegetables: Add the **onions, zucchini**, and another drizzle of **oil** to the same pan over medium heat and cook, tossing, for 5-6 minutes, until softened. Add the **garlic, thyme**, and a pinch of **chili flakes** (to taste, add a little and go up from there) and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

5



4 Cook the linguine: Add the **linguine** to the boiling water and cook for 9-10 minutes, until al dente. Drain.

5 Add the **sausage** and **diced tomatoes** to the pan with the **zucchini** and simmer until the rest of the meal is ready. Season with **salt** and **pepper**.

TIP: Depending on the sweetness of your tomatoes, you may want to add up to a teaspoon of sugar to the sauce.

6



6 Add the drained **linguine** to the pan and toss to combine. Finish with a squeeze of **lemon**.

7 Divide the **linguine** between bowls and sprinkle with **Parmesan cheese**. Serve with a wedge of **lemon**, if desired, and enjoy!