



PERFECT PENNE BAKE

with Chicken Sausage and Kale



HELLO

TUSCAN HEAT SPICE

Sweet herbs and fennel mingle with the slightest hint of chili



Red Onion



Kale



Tuscan Heat Spice



Penne Pasta
(Contains: Wheat)



Mozzarella Cheese
(Contains: Milk)



Garlic



Thyme



Sweet Italian
Chicken Sausage



Diced Tomatoes



Parmesan Cheese
(Contains: Milk)

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 764

START STRONG

If you don't have an ovenproof pan, no need to worry. You can transfer the pasta, kale, sausage, and sauce to a small baking dish before sprinkling on the cheese.

BUST OUT

- Large pot
- Large ovenproof pan
- Strainer
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Red Onion 1 | 1
- Garlic 2 Cloves | 2 Cloves
- Kale 4 oz | 8 oz
- Thyme ¼ oz | ¼ oz
- Sweet Italian Chicken Sausage 9 oz | 18 oz
- Tuscan Heat Spice 🌶️ 1 tsp | 2 tsp
- Penne Pasta 6 oz | 12 oz
- Diced Tomatoes 1 Can | 2 Cans
- Mozzarella Cheese ½ Cup | 1 Cup
- Parmesan Cheese ¼ Cup | ½ Cup

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. Halve, peel, and dice **red onion**. Mince or grate **garlic**. Remove large ribs and stems from **kale** and discard. Coarsely chop leaves. Strip leaves from **thyme** and discard the stems.



4 BOIL PASTA AND KALE

Once water is boiling, add **penne** to pot. After 8-9 minutes, add **kale** to pot. Cook until **kale** is softened and penne is al dente, 2-3 minutes more. Drain.



2 COOK SAUSAGE

Heat **1 TBSP olive oil** in a large ovenproof pan over high heat. Slice **sausage** into thin rounds. Add to pan in a single layer and cook until browned at edges, 2-3 minutes per side. Remove from pan and set aside.



5 SIMMER TOMATOES

Meanwhile, stir **diced tomatoes** and **thyme** into pan with **onion**. Season with **salt** and **pepper**. Reduce heat to low and simmer until penne is ready. Once **penne** is done, stir **sausage** into pan, followed by **kale** and **penne**. Season to taste with **salt** and **pepper**.



3 COOK AROMATICS

Reduce heat to medium-high. Add **onion** and cook until softened, 3-5 minutes. Toss in **garlic** and **1 tsp Tuscan heat spice** (we sent more) and cook until fragrant, about 1 minute.



6 BAKE AND FINISH

Sprinkle **penne mixture** with **mozzarella** and **Parmesan**. Bake in oven until **cheese** is melted and bubbly, about 5 minutes, then serve.

GENIUS!

Lasagna-baked perfection in a fraction of the time.