



PERFECT PENNE BAKE

with Chicken Sausage and Kale



HELLO
TUSCAN HEAT SPICE
 Sweet herbs and fennel mingle
 with the slightest hint of chili

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.