

# **CHICKEN SAUSAGE AND SWEET PEA GEMELLI**

with Parmesan



## HELLO -

## **GEMELLI PASTA**

This twisty noodle's nooks are perfect for clinging onto creamy, cheesy sauce.



Chili Pepper

Lemon









Parmesan Cheese (Contains: Milk)



Italian Chicken

Sausage Mix



Cream Cheese



Peas

PREP: 5 MIN

TOTAL: 30 MIN CALORIES: 880

40.4 CHICKEN SAUSAGE AND SWEET PEA GEMELLI\_NJ.indd 1

#### START STRONG

Whenever you're cooking pasta, make it a habit to save some cooking water! The starch that the pasta releases while cooking helps emulsify sauces (aka makes them nice and smooth).

#### **BUST OUT**

- Large pot
- Kosher salt
- Zester
- Black pepper
- Strainer
- Large pan
- Olive oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)



Ingredient 2-person | 4-person

Lemon

1 | 2

Chili Pepper —

111

· Gemelli Pasta

6 oz | 12 oz

• Italian Chicken Sausage Mix\* 9 oz | 18 oz

Tuscan Heat Spice

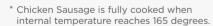
1 TBSP | 1 TBSP 2 TBSP | 4 TBSP

 Cream Cheese · Parmesan Cheese

1/4 Cup | 1/2 Cup

Peas

6 oz | 12 oz



**WINE CLUB** 

Pair this meal with a HelloFresh Wine matching this icon.









PREP Bring a large pot of salted water to a boil. Wash and dry all produce. Zest and guarter lemon (quarter both lemons for 4 servings). Thinly slice chili, removing seeds for less heat.



COOK PASTA Once water is boiling, add gemelli to pot. Cook until al dente, 9-11 minutes. Reserve 34 cup pasta cooking water (1 cup for 4 servings), then drain.



**COOK SAUSAGE** Meanwhile, heat a drizzle of olive oil in a large pan over medium-high heat. Add **sausage** and cook, breaking up meat into pieces, until browned and cooked through, 5-7 minutes. TIP: If there's excess grease in your pan, carefully pour it out.



**SEASON SAUSAGE** Stir half the **Tuscan Heat Spice** (use all for 4 servings), half the lemon zest, and a pinch of **chili** and **salt** (we used ½ tsp: use <sup>3</sup>/<sub>4</sub> tsp for 4) into pan with **sausage**. Cook, stirring, 30 seconds to 1 minute.



**MAKE SAUCE** Stir ½ cup reserved pasta cooking water (3/4 cup for 4 servings) and juice from 1 lemon wedge (2 wedges for 4) into same pan. Bring mixture to a simmer, scraping up any browned bits from bottom of pan. Turn off heat; stir in cream cheese, half the Parmesan (you'll use the rest later), and salt. Cook, stirring, until smooth.



**FINISH AND SERVE** Stir gemelli, peas, and 2 TBSP **butter** (4 TBSP for 4 servings) into pan with **sauce** until peas are warmed through and butter is melted. If needed, stir in more reserved pasta cooking water 1 TBSP at a time until pasta is coated in a creamy sauce. Season with **salt** and pepper. Divide between bowls. Sprinkle with remaining Parmesan, lemon zest, and chili if desired. Serve with remaining **lemon wedges** on the side.

## BETTER TOGETHER

Parmesan and peas are a perfect pair. Bring them together again with a squeeze of lemon juice

and serve as a side.

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