

# ITALIAN NOODLE SOUP

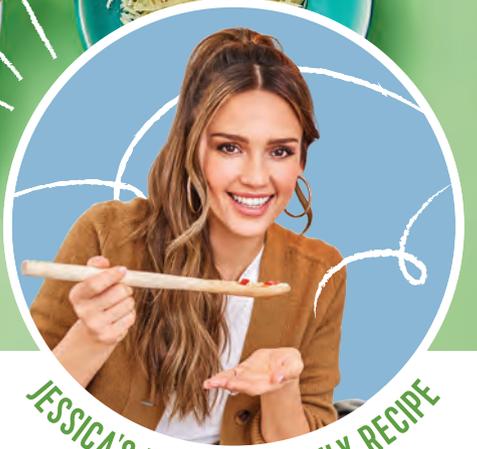
with Chicken Sausage, Gemelli Pasta, and Parmesan Toasts



**HELLO**  
**ITALIAN SEASONING**  
 Oregano, basil, and parsley make this signature herb blend so *delizioso*.

**PREP: 15 MIN** | **TOTAL: 35 MIN** | **CALORIES: 860**

-   
Carrot
-   
Roma Tomato
-   
Garlic Powder
-   
Chicken Stock Concentrates
-   
Parmesan Cheese  
(Contains: Milk)
-   
Yellow Onion
-   
Italian Chicken Sausage Mix
-   
Italian Seasoning
-   
Gemelli Pasta  
(Contains: Wheat)
-   
Chili Flakes
-   
Ciabatta Bread  
(Contains: Wheat)
-   
Baby Spinach



**JESSICA'S FAVORITE FAMILY RECIPE**

## FAMILY AFFAIR

Get all of your dinner companions involved by having them help form the sausage into mini meatballs! Jessica's favorite way to do it? Lightly oil a small ice cream scoop, then use it to create uniform balls. Look for call-outs in steps 2 and 4 to follow along.

## BUST OUT

- Peeler
- Large pot
- Small bowl
- Baking sheet
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)  
(Contains: Milk)
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient 2-person | 4-person

- Carrot 3 oz | 6 oz
- Yellow Onion 1 | 1
- Roma Tomato 1 | 1
- Italian Chicken Sausage Mix\* 9 oz | 18 oz
- Garlic Powder 1 tsp | 1 tsp
- Italian Seasoning 1 TBSP | 1 TBSP
- Chicken Stock Concentrates 2 | 4
- Gemelli Pasta 6 oz | 6 oz
- Parmesan Cheese ¼ Cup | ½ Cup
- Chili Flakes 1 tsp | 1 tsp
- Ciabatta Bread 1 | 2
- Baby Spinach 5 oz | 5 oz

\* Chicken Sausage is fully cooked when internal temperature reaches 165 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

HelloFresh.com/Wine



# HelloFRESH



## 1 PREP

Preheat oven to 425 degrees. **Wash and dry all produce.** Trim, peel, and dice **carrot** into small pieces. Halve, peel, and finely chop **onion**. Dice **tomato**.



## 4 SIMMER SOUP AND PASTA

Add **tomato**, ¼ tsp **garlic powder** (½ tsp for 4 servings), and half the **Italian Seasoning** (use the rest of the spice as you like) to pot. Cook, stirring, until fragrant, 30 seconds to 1 minute. Stir in **stock concentrates** and **3½ cups warm water** (6 cups for 4), scraping up any browned bits from bottom of pot. Add half the **gemelli** (all for 4). **(JESSICA'S TIP: Stir in sausage meatballs now.)** Cover, bring to a boil, then immediately reduce heat to low. Simmer until pasta is al dente (and meatballs are cooked through), 10 minutes.

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com



## 2 COOK SAUSAGE

**(JESSICA'S TIP: Skip this step—wet hands, form sausage into ½-inch balls, and set aside until step 4.)** Heat a drizzle of **olive oil** in a large pot over medium-high heat. Add **sausage** and cook, breaking up meat into pieces, until browned and cooked through, 5-7 minutes.



## 5 MAKE TOASTS

Meanwhile, place **2 TBSP butter** (3 TBSP for 4 servings) in a small microwave-safe bowl; microwave until just softened, about 10 seconds. Stir in **1 TBSP Parmesan** (2 TBSP for 4), ¼ tsp **garlic powder** (use remaining garlic powder for 4), a pinch of **salt**, and a pinch of **chili flakes**. Halve **ciabatta** and spread with **garlic butter**; place cut sides up on a baking sheet. Toast in oven until golden and crispy, 4-5 minutes, then halve on a diagonal.



## 3 ADD VEGGIES

Add another drizzle of **olive oil** to pot; stir in **carrot, onion**, and a big pinch of **salt**. Cook, stirring occasionally, until just softened, 5-7 minutes.



## 6 FINISH AND SERVE

Stir **spinach** and **2 TBSP Parmesan** (¼ cup for 4 servings) into **soup** until spinach has wilted. Season with plenty of **salt** and **pepper**. Divide soup between bowls. Sprinkle with remaining Parmesan and a pinch of remaining **chili flakes** if you like. Serve with **toasts** on the side.

xo, jessica

## ABOVE AND BEYOND

For a fresh side salad, combine chopped romaine with cherry tomatoes, red onion, green olives, and celery. Toss with a splash of vinegar, olive oil, salt, and pepper.

WK 41 NJ-14