



LINGUINE AND ZUCCHINI

with Sweet Italian Sausage in a Tomato Sauce



HELLO ZUCCHINI

Now's the peak season for enjoying this vegetable that's a good source of vitamin C.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 830**



Zucchini



Garlic



Linguine Pasta
(Contains: Wheat)



Chili Flakes



Diced Tomatoes



Red Onion



Lemon



Sweet Italian
Pork Sausage



Dried Thyme



Parmesan Cheese
(Contains: Milk)

START STRONG

Does waiting for water to boil make you want to scream? Put a lid on it! Covering the pot will help it heat up faster.

BUST OUT

- Large pot
- Large pan
- Strainer
- Olive oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- Zucchini 2
- Red Onion 1
- Garlic 4 Cloves
- Lemon 1
- Sweet Italian Pork Sausage 18 oz
- Linguine Pasta 12 oz
- Dried Thyme 2 tsp
- Chili Flakes 1 tsp
- Diced Tomatoes 2 Cans
- Parmesan Cheese ½ Cup

HELLO WINE



PAIR WITH

Come si dice?! Rosso Solento Primitivo, 2015

HelloFresh.com/Wine



1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Trim ends from **zucchini**, then quarter lengthwise. Thinly slice quarters crosswise into triangles. Halve, peel, and thinly slice **onion**. Mince or grate **garlic**. Cut **lemon** into wedges. Remove **sausage** from casing; discard casing.



4 COOK VEGGIES

Add **onion**, **zucchini**, and another large drizzle of **olive oil** to pan used for sausage over medium-high heat. Cook, tossing, until softened, about 4-6 minutes. Toss in **garlic**, **thyme**, and **chili flakes** (to taste). Cook until fragrant, about 1 minute. Season with **salt** and **pepper**.



2 COOK SAUSAGE

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **sausage** and cook, breaking meat up into pieces, until browned and cooked through, 5-7 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



5 SIMMER SAUCE

Add **diced tomatoes** and **sausage** to pan with veggies and stir to combine. Season to taste with **salt** and **pepper**. Let simmer until rest of meal is ready. **TIP:** Give the sauce a taste. If it seems sharp, add up to 1 tsp sugar.



3 COOK PASTA

Once water boils, add **linguine** to pot and cook, stirring occasionally, until al dente, 9-11 minutes. Scoop out and reserve **1 cup pasta cooking water**, then drain. Return linguine to pot along with a splash of cooking water.



6 PLATE AND SERVE

Add **sausage**, **veggies**, and **sauce** to pot with **linguine**. Add a squeeze or two of **lemon** (to taste). Toss to combine. Season with **salt** and **pepper**. **(TIP:** If sauce seems thick or stiff, stir in some pasta cooking water.) Divide mixture between plates and sprinkle with **Parmesan**. Serve **lemon wedges** on the side for squeezing over.

IMPRESSIVE!

You'll be amazed by how fast everyone eats up their veggies.

Share your #HelloFreshPics with us! | (800) 733-2414 HelloFresh.com | hello@hellofresh.com

WK 29 NJ-6