HELLO
THREE LITTLE PIGS
Founded in New York City, Three Little Pigs has been making handcrafted charcuterie and sausage using high quality, all-natural ingredients since 1975.

PREP: 10 MIN  TOTAL: 35 MIN  CALORIES: 1060

HELLO FRESH
SAUSAGE AND ROASTED BELL PEPPER PASTA
with Creamy Parmesan Garlic Tomato Sauce

Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!
Don’t let its size fool you: our little chili pepper packs a punch! If you’re sensitive to spice, remove the seeds as you prep—that’s where most of the chili’s heat is concentrated. When using it in step 4, add as much or as little as you like, tasting your sauce as you go. You’re the chef, after all.

**START STRONG**

**INGREDIENTS**

- Bell Pepper 1 | 2
- Chili Pepper 1 | 1
- Three Little Pigs Pork Sausage* 9 oz | 18 oz
- Garlic 2 Cloves | 4 Cloves
- Cavatappi Pasta 6 oz | 12 oz
- Tomato Paste 1.5 oz | 3 oz
- Sour Cream 2 TBSP | 4 TBSP
- Parmesan Cheese ¼ Cup | ½ Cup

* Pork Sausage is fully cooked when internal temperature reaches 160 degrees.

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**VEG OUT!**

For a vegetarian version, swap out the sausage for more cooked veggies like mushrooms or zucchini.

**BUST OUT**

- Large pot
- Baking sheet
- Aluminum foil
- Strainer
- Vegetable oil (4 tsp | 6 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)

**PREP**

Adjust rack to middle position and preheat oven to 400 degrees. Bring a large pot of salted water to a boil. Wash and dry all produce. Halve bell pepper, then remove and discard stem and seeds. Thinly slice chili, removing seeds for less heat. Remove sausage from casings; discard casings.

**ROAST VEGGIES**

Drizzle bell pepper halves with oil, salt, and pepper; place cut sides down on a lightly oiled baking sheet. Place garlic cloves on a small piece of foil and drizzle with oil, salt, and pepper; cinch into a packet and place on baking sheet. Roast until bell pepper is lightly charred and garlic is softened, 20-25 minutes.

**COOK PASTA**

Once water is boiling, add cavatappi to pot. Cook until al dente, 9-11 minutes. Reserve 1 cup pasta cooking water (2 cups for 4 servings), then drain.

**MAKE SAUCE**

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, 6-8 minutes. (TIP: If there’s excess grease in your pan, carefully pour it out.) If desired, stir in a pinch of chili; cook until fragrant, 15 seconds. Add tomato paste and ½ cup reserved pasta cooking water (¾ cup for 4 servings). Simmer until thickened, 2-3 minutes. Turn off heat.

**FINISH PASTA**

Transfer roasted bell pepper halves to a cutting board; thinly slice. Remove roasted garlic cloves from foil; transfer to cutting board and gently mash with a fork. Return pan with sauce to low heat. Add mashed garlic and stir to combine. Stir in sliced bell pepper, cavatappi, sour cream, 2 TBSP butter (4 TBSP for 4 servings), and half the Parmesan. (TIP: If needed, stir in more reserved cooking water a splash at a time until pasta is coated in a creamy sauce.) Season with salt and pepper.

**SERVICE**

Divide pasta between bowls. Sprinkle with remaining Parmesan and, if desired, a pinch of remaining chili.

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**VEG OUT!**

- Large pan
- Kosher salt
- Black pepper
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