



SEP
2016

Italian Sausage and Baby Broccoli Pasta

with Oregano Gremolata and Parmesan Cheese

What's not to love about the combination of sausage, baby broccoli, pasta, and creamy Parmesan? It's an old-school Italian favorite that never gets old in the HelloFresh kitchen. And now, by cooking your pasta and broccoli in the same pot, it's easier than ever!



Prep: 10 min
Total: 30 min



level 1



Sweet Italian Sausage



Gemelli Pasta



Baby Broccoli



Parmesan Cheese



Garlic



Almonds



Oregano



Lemons

Ingredients

		4 People	
Sweet Italian Sausage		18 oz	*Not Included
Gemelli Pasta	1)	12 oz	Allergens
Baby Broccoli		12 oz	1) Wheat
Parmesan Cheese	2)	½ Cup	2) Milk
Garlic		4 Cloves	3) Tree Nuts
Almonds	3)	2 oz	
Oregano		½ oz	Tools
Lemons		2	Large pot, Baking sheet,
Olive Oil*		2 T	Slotted spoon, Strainer,
			Large pan, Zester

Nutrition per person Calories: 767 cal | Fat: 31 g | Sat. Fat: 9 g | Protein: 45 g | Carbs: 85 g | Sugar: 6 g | Sodium: 936 mg | Fiber: 11 g



1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Bring a large pot of **salted water** to a boil. Line up the **baby broccoli** on your cutting board, and cut into 1-inch pieces. Discard the ends. Roughly chop the **garlic**. Pick the **oregano leaves** off the stems. Discard the stems.

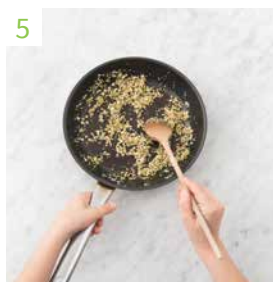


2 Cook the sausage: Place the **sausage** onto a baking sheet. Cook in the oven for about 15 minutes.



3 Boil the pasta: Add the **pasta** to the boiling water. Cook 9-11 minutes, until al dente. While the pasta cooks, add the **baby broccoli** to the same water. Cook 3-4 minutes, until tender. Remove the **baby broccoli** with a slotted spoon and set aside.

4 Prep the gremolata: Meanwhile, place the **almonds, oregano leaves**, and chopped **garlic** in a pile on your cutting board. Run your knife over the mixture until finely chopped (some larger pieces of nuts can remain). Check on the **pasta**, drain when ready, then return to the pot.



5 Cook the gremolata: Heat two large drizzles of **olive oil** in a large pan over medium-low heat. Add the **gremolata mixture**. Cook, tossing, for 3-4 minutes, until beginning to turn golden brown. Season generously with **salt** and **pepper**. Remove pan from heat. Zest about **2 teaspoons lemon** directly in the pan, and stir thoroughly to release the lemon oils.

6 Toss and serve: Thinly slice the **sausage**. Halve the **lemons**. Toss the **sausage, baby broccoli, gremolata, half the Parmesan cheese**, and a large drizzle of **olive oil** into the pot with the **pasta**. Reheat over medium heat if necessary. Season generously with **salt** and **pepper**. Stir in a few squeezes of **lemon**, to taste. Divide between bowls, serve with the remaining **Parmesan cheese**, and enjoy!

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