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S E P  
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
Gemelli Pasta	1)	12 oz
Baby Broccoli		12 oz
Parmesan Cheese	2)	½ Cup
Garlic		4 Cloves
Almonds	3)	2 oz
Oregano		½ oz
Lemons		2
Olive Oil*		2 T

\*Not Included

## Allergens

1) Wheat

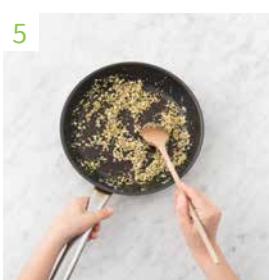
2) Milk

3) Tree Nuts

## Tools

Large pot, Baking sheet,  
Slotted spoon, Strainer,  
Large pan, Zester

**Nutrition per person** Calories: 767 cal | Fat: 31g | Sat. Fat: 9 g | Protein: 45g | 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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