



OCT
2016

Tuscan Pork Linguine

Juicy pork sausage and tomatoes create the perfect base for pasta sauce. Add some kick with chili flakes and a squeeze of lemon for a bright zing!



Prep: 10 min
Total: 30 min



level 1



nut
free



spicy



Sweet Italian
Sausage



Linguine



Garlic



Red Onion



Lemon



Zucchini



Chili Flakes



Parmesan
Cheese




Dried Thyme



Diced Tomatoes

Ingredients

	2 People	4 People
Sweet Italian Sausage	9 oz	18 oz
Linguine	1) 6 oz	12 oz
Garlic	2 Cloves	4 Cloves
Red Onion	1	2
Lemon	1	1
Zucchini	1	2
Chili Flakes 	1 t	1 t
Parmesan Cheese	2) ¼ Cup	½ Cup
Dried Thyme	1 t	2 t
Diced Tomatoes	1 Box	2 Boxes
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large pot, Large pan, Strainer

Nutrition per person Calories: 788 cal | Fat: 28 g | Sat. Fat: 9 g | Protein: 43 g | Carbs: 95 g | Sugar: 16 g | Sodium: 1069 mg | Fiber: 9 g

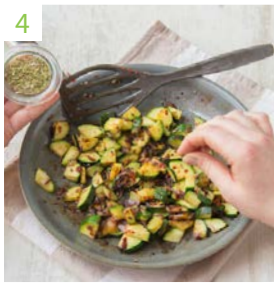
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1 Prep the ingredients: **Wash and dry all produce.** Bring a large pot of **water** to boil with a large pinch of **salt**. Meanwhile, quarter the **zucchini** lengthwise, then cut into ½-inch pieces. Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Cut **half the lemon** into wedges. Remove the **sausage** from its casing.

2 Cook the linguine: Add the **linguine** to the boiling water and cook until al dente, about 9-10 minutes.

4



3 Brown the sausage: Heat **1 Tablespoon olive oil** in a large pan over medium-high heat. Add the **sausage** and season with **salt** and **pepper**. Break up the pieces, cook until golden brown, for about 6 minutes. Set aside.

4 Cook the vegetables: Add the **onions** and **zucchini** to the same pan and season with **salt**, **pepper**, and as many **chili flakes** as you dare (we used ¼ teaspoon). Cook over medium heat, until onions have softened and zucchini is browned, about 5 minutes. Add the **garlic** and **thyme**. Cook until fragrant, about 30 seconds.

5



5 Simmer the sauce: Add the **sausage** and **diced tomatoes**, season with **pepper**. Raise heat and bring **sauce** to a boil. Reduce to a simmer until **linguine** is ready.

6 Combine: Once cooked, drain and add the **linguine** to the pan with the **sauce**. Toss to combine and finish with a squeeze of **lemon**.

6



7 Finish and serve: Serve the **pasta** in bowls and sprinkle the **Parmesan cheese** on top. Serve with **lemon wedges** on the side!

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