



# TUSCAN PORK SAUSAGE & PEPPER SPAGHETTI

with Tomatoes & Parmesan



## HELLO

### TUSCAN HEAT SPICE

Our blend of aromatic, Italian-style herbs also packs a peppery punch.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 920**



Yellow Onion



Parsley



Italian Pork Sausage



Diced Tomatoes



Parmesan Cheese  
(Contains: Milk)



Bell Pepper\*



Tuscan Heat Spice



Spaghetti  
(Contains: Wheat)



Chicken Stock Concentrate

\*Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

## START STRONG

Our preferred technique for removing sausage casing, as you will in step 1? Using the tip of your knife, make a shallow slit along the length of the sausage, then peel away and discard the casing.

## BUST OUT

- Large pot
- Large pan
- Strainer
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 1
- Bell Pepper 1 | 1
- Parsley ¼ oz | ¼ oz
- Italian Pork Sausage\* 9 oz | 18 oz
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Spaghetti 6 oz | 12 oz
- Diced Tomatoes 14 oz | 28 oz
- Chicken Stock Concentrate 1 | 2
- Parmesan Cheese ¼ Cup | ½ Cup

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



## 1 PREP

Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Halve, peel, and thinly slice **onion**. Halve, core, and thinly slice **bell pepper** into strips. Mince **parsley**. Remove **sausage** from casing; discard casing.



## 4 COOK PASTA

Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water** (1½ cups for 4 servings), then drain.



## 2 COOK VEGGIES

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **onion, bell pepper**, and half the **Tuscan Heat Spice** (you'll use the rest later). Cook, stirring, until slightly softened, 3-4 minutes.



## 5 SIMMER SAUCE

Once **sausage** is cooked through, add **diced tomatoes** to pan. Season with **salt, pepper**, and remaining **Tuscan Heat Spice**. Bring to a boil, then lower heat and let simmer while spaghetti cooks. Once spaghetti is drained, stir **stock concentrate** and **¾ cup reserved pasta cooking water** (1 cup for 4 servings) into pan. Continue simmering until slightly reduced, 1-2 minutes more.



## 3 COOK SAUSAGE

Add **sausage** and another drizzle of **oil** to pan. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.



## 6 FINISH & SERVE

Add **spaghetti** to pan with **sauce**; toss to coat. (For 4 servings, carefully transfer everything into pot used for pasta.) Stir in **1 TBSP butter** (2 TBSP for 4), half the **parsley**, and half the **Parmesan**. **(TIP:** If needed, stir in more reserved pasta cooking water a splash at a time until spaghetti is thoroughly coated in sauce.) Season with **salt** and **pepper**. Divide **pasta** between bowls and sprinkle with remaining parsley and Parmesan.

## VEG OUT

For a meatless version of this dish, try swapping out the sausage for more veggies! We especially love mushrooms and zucchini.



Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com

WK.18.NJ-3