



Tuscan Sausage Linguine

with Sweet Bell Pepper, Chili and Parmesan

Family

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Mild Italian Sausage, uncased



Garlic



Red Onion, chopped



Sweet Bell Pepper



Chili Flakes



Parmesan Cheese



Thyme



Diced Tomatoes



Linguine

HELLO ITALIAN SAUSAGE

The herbs and spices in the sausage add a ton of delicious flavour to this dish!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Warm: ½ tsp
- Hot: ¼ tsp
- Spicy: ½ tsp

Bust Out

Strainer, large non-stick pan, large pot, measuring cups, measuring spoons

Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Garlic	6 g	12 g
Red Onion, chopped	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Chili Flakes 🌶️	1 tsp	1 tsp
Parmesan Cheese	¼ cup	½ cup
Thyme	7 g	7 g
Diced Tomatoes	398 ml	796 ml
Linguine	170 g	340 g
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Add **10 cups water** and **2 tsp salt** in a large pot (**NOTE:** use same amount for 4ppl). Cover and bring to a boil over high heat. Core, then cut **peppers** into ½-inch pieces. Strip **1 tbsp thyme leaves** (dbl for 4ppl) from sprigs. Peel, then mince or grate **garlic**



Cook veggies

When **sausage** is done, transfer to a plate and set aside. Add another **½ tbsp oil** (dbl for 4ppl) to the same pan, then **onions** and **peppers**. Cook, stirring often, until **veggies** are softened, 4-5 min. Add **garlic, thyme leaves** and **½ tsp chili flakes**. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 1 min.



Cook sausage

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 5-6 min.**



Simmer sauce

Add **cooked sausage** and **diced tomatoes**. Stir together. Simmer, stirring occasionally, until **sauce** is slightly thickened, 6-7 min.



Cook linguine

Add **linguine** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 9-11 min. Drain and return to the same pot, off heat.



Finish and serve

Add **sauce** to the pot with **linguine**, then season with **salt** and **pepper**. Toss together. Divide **sausage linguine** between bowls and sprinkle over the **Parmesan**.

Dinner Solved!