



Tuscan Sausage Linguine

with Sweet Bell Pepper, Chili and Parmesan

Family

30 Minutes



Mild Italian Sausage, uncased



Italian Seasoning



Zucchini



Sweet Bell Pepper



Chili Flakes



Parmesan Cheese



Crushed Tomato with Garlic & Onion



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: 1/8 tsp
- Hot: 1/4 tsp
- Spicy: 1/2 tsp

Bust Out

Measuring cups, spoons, colander, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Italian Seasoning	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Chili Flakes	1 tsp	1 tsp
Parmesan Cheese	1/4 cup	1/2 cup
Crushed Tomato with Garlic and Onion	370 ml	740 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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1

Prep
Add **10 cups water** and **2 tsp salt** to a large pot (use same amount for 4 ppl). Cover and bring to a boil over high heat. While water comes to a boil, cut **pepper** into 1/2-inch pieces. Halve **zucchini** lengthwise, then cut into 1/4-inch half-moons.



2

Cook sausage
Heat a large non-stick pan over medium-high heat. When hot, add **1/2 tbsp oil** (dbl for 4 ppl), then **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 5-6 min.**



3

Cook linguine
While **sausage** cooks, 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.



4

Cook veggies

When **sausage** is done, transfer to a plate and set aside. Add another **1/2 tbsp oil** (dbl for 4 ppl) to the same pan, then **zucchini** and **peppers**. Cook, stirring often, until **veggies** are softened, 4-5 min. Add the **Italian Seasoning** and **1/8 tsp chili flakes**. (NOTE: Reference Heat Guide.) Cook, stirring often, until fragrant, 1 min.



5

Make sauce

Add **cooked sausage** and **crushed tomatoes** to the pan with the **veggies** and stir to combine. Simmer, stirring occasionally, until **sauce** is slightly thickened, 5-6 min.



6

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 **Parmesan** over top.

Dinner Solved!