



# Tuscan Sausage Linguine

with Sweet Bell Peppers and Parmesan

Family Friendly

Optional Spice

30 Minutes



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Mild Italian Sausage,  
uncased



Italian Seasoning



Zucchini



Sweet Bell Pepper



Chili Flakes



Parmesan Cheese,  
shredded



Crushed Tomatoes



Linguine



Garlic Salt



Chicken Broth  
Concentrate



Yellow Onion

HELLO ITALIAN SAUSAGE

*This delicious pork sausage mix is seasoned with fennel!*

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

### Heat Guide for Step 4:

- Mild: **¼ tsp** (½ tsp)
- Medium: **½ tsp** (1 tsp)
- Spicy: **1 tsp** (2 tsp)

## Bust out

Colander, measuring spoons, measuring cups, 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
<b>Chili Flakes</b> 🌶️	¼ tsp	¼ tsp
Parmesan Cheese, shredded	¼ cup	½ cup
Crushed Tomatoes	1	2
Linguine	170 g	340 g
Garlic Salt	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Yellow Onion	56 g	113 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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



### 1 Prep

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **half the onion** into ¼-inch pieces (use whole onion for 4 ppl).



### 4 Cook veggies

- When **sausage** is done, transfer to a plate and set aside.
- Add **½ tbsp** (1 tbsp) **oil** to the same pan (from step 2), then **zucchini, peppers** and **onions**. Cook, stirring often, until **veggies** soften, 4-5 min.
- Add **Italian Seasoning, garlic salt** and **¼ tsp chili flakes**. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1 min.



### 2 Cook sausage

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min.\*\*



### 5 Make sauce

- Add **sausage, crushed tomatoes** and **broth concentrate** to the pan with **veggies**, then stir to combine.
- Reduce heat to medium. Simmer, stirring occasionally, until **sauce** thickens slightly, 5-6 min.



### 3 Cook linguine

- Meanwhile, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return **linguine** to the same pot, off heat.



### 6 Finish and serve

- Add **sauce** to the pot with **linguine**. Season with **salt** and **pepper**, to taste, then toss to combine.
- Divide **sausage linguine** between bowls.
- Sprinkle **Parmesan** over top.

## Dinner Solved!



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