



VEGGIE-LOADED ORZO AND SAUSAGE

with Zucchini, Tomatoes, and Bell Pepper



HELLO

VEGGIE EXTRAVAGANZA

Tomatoes, zucchini, and bell pepper make this one fully packed pasta.

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 870



Parsley



Red Onion



Zucchini



Lemon



Orzo Pasta
(Contains: Wheat)



Garlic



Grape Tomatoes



Bell Pepper*



Sweet Italian
Pork Sausage



Parmesan Cheese
(Contains: Milk)

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

START STRONG

Leave as much grease in the pan as possible after cooking the sausage. Not only will it help the veggies cook, it'll make them extra-tasty, too.

BUST OUT

- Large pot
- Large pan
- Slotted spoon
- Strainer
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Parsley ¼ oz | ¼ oz
- Garlic 2 Cloves | 4 Cloves
- Red Onion 1 | 1
- Grape Tomatoes 4 oz | 8 oz
- Zucchini 1 | 2
- Bell Pepper 1 | 2
- Lemon 1 | 1
- Sweet Italian Pork Sausage 9 oz | 18 oz
- Orzo Pasta 6 oz | 12 oz
- Parmesan Cheese ¼ Cup | ½ Cup

HELLO WINE



PAIR WITH

Come si dice?! Rosso Salento Primitivo, 2015

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1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Finely chop **parsley**. Mince or grate **garlic**. Halve, peel, and finely chop **onion**. Halve **tomatoes**. Halve **zucchini** lengthwise, then slice into ¼-inch-thick half-moons. Core and seed **bell pepper**, then thinly slice. Cut **lemon** into wedges. Remove **sausage** from casings.



4 COOK ORZO

Once water is boiling, add **orzo** to pot. Cook, stirring occasionally, until al dente, 7-9 minutes. Carefully scoop out and reserve ¼ **cup pasta cooking water**, then drain.



2 BROWN SAUSAGE

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **sausage** and cook until browned, 4-5 minutes. Remove from pan with a slotted spoon and set aside, keeping as much grease in pan as possible.



5 TOSS PASTA

Add **bell pepper** and **garlic** to pan with **zucchini**. Cook, tossing, until bell pepper softens, 2-4 minutes. Add **tomatoes** and cook, tossing, until warmed through, 1-2 minutes. Season with **salt** and **pepper**. Toss **orzo** and **sausage** into pan. Stir in half the **Parmesan**, a squeeze of **lemon**, and a splash of **pasta water**. Add more water as needed to loosen. Season with salt and pepper.



3 COOK ZUCCHINI

Heat another drizzle of **olive oil** in same pan over medium heat. Add **onion** and **zucchini**. Cook, tossing, until softened, 5-6 minutes. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Divide **orzo mixture** between plates, then garnish with **parsley** and remaining **Parmesan**. Serve with **lemon wedges** on the side for squeezing over.

VIBRANT!

So many veggies,
so much deliciousness.

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