



“LITTLE EARS” PASTA

with Broccoli and Pesto



HELLO

ORECCHIETTE

This pasta's name means “little ears” in Italian.



Broccoli Florets



Orecchiette Pasta
(Contains: Wheat)



Pesto
(Contains: Milk)



Sweet Italian Sausage



Chili Flakes



Parmesan Cheese
(Contains: Milk)

PREP: 5 MIN | TOTAL: 25 MIN | CALORIES: 900

START STRONG


The secret to al dente pasta perfection is to stir often and give the pasta a taste once you're near the end of cooking, checking to see if it's just tender, but with a little bite.

BUST OUT

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

INGREDIENTS

Ingredient **2-person** | **4-person**

- Broccoli Florets **8 oz | 16 oz**
- Sweet Italian Sausage **9 oz | 18 oz**
- Orecchiette Pasta **6 oz | 12 oz**
- Chili Flakes  **1 tsp | 1 tsp**
- Pesto **2 oz | 4 oz**
- Parmesan Cheese **¼ Cup | ½ Cup**

HELLO WINE

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1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Cut any large **broccoli florets** into bite-sized pieces. Remove **sausage** from casings.



2 BOIL PASTA

Once water is boiling, add **orecchiette** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Carefully scoop out and reserve **¼ cup pasta cooking water**, then drain.



3 COOK BROCCOLI

Heat a drizzle of **olive oil** in a large pan over medium heat. Add **broccoli** and **2 tsp water**. Cover and steam 3 minutes. Uncover and increase heat to medium-high. Cook, tossing occasionally, until browned and tender, 3-6 minutes more. Season with **salt** and **pepper**. Remove from pan and set aside.



4 COOK SAUSAGE

Heat another drizzle of **olive oil** in same pan over medium-high heat. Add **sausage**, breaking up into pieces with a spatula or wooden spoon. Cook until crisp at edges and no longer pink, 4-5 minutes. Add a pinch of **chili flakes** (to taste) and cook another 30 seconds.



5 ADD REMAINING INGREDIENTS

Add **orecchiette**, **broccoli**, **pesto**, **pasta cooking water**, and half the **Parmesan** to pan. Toss until everything is well-coated and a thick sauce has formed, 1-2 minutes. Season with **salt** and **pepper**.



6 TOSS AND SERVE

Divide **orecchiette mixture** between plates. Sprinkle with remaining **Parmesan** and serve.



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BUON APPETITO!

Colorful, cheesy,
al dente perfection