



AUTUMN SAUSAGE SUCCOTASH

with Veggies and Tomato-ey Orzo



HELLO SUCCOTASH

A Southern dish consisting of sweet corn and shelled beans

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 772



Mild Italian Sausage



Red Bell Pepper



Zucchini



Garlic



Red Onion, chopped



Orzo



Passata



Vegetable Broth Concentrate



Corn-Edamame Blend

BUST OUT

- 2 Large Non-Stick Pans
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil
- Strainer
- Butter **2** (1 tbsp)

INGREDIENTS

4-person

- Mild Italian Sausage 2 pkg
- Red Bell Pepper 230 g
- Zucchini 227 g
- Garlic 2 pkg (20 g)
- Red Onion, chopped 1 pkg (113 g)
- Orzo **1** 1 pkg (170 g)
- Passata 1 box
- Vegetable Broth Concentrate 1
- Corn-Edamame Blend **4** 1 pkg (2 cup)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 160°F.

START STRONG

Leave some of the grease in the pan after cooking the sausage. It'll give your orzo some extra flavour.



1 PREP Wash and dry all produce.* Core and cut the **bell pepper** into ½-inch cubes. Cut the **zucchini** into ½-inch cubes. Mince or grate the **garlic**.



2 COOK SAUSAGES Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **sausages**. Cook, turning the sausages occasionally, until golden-brown all over, 1-2 min per side. Transfer to a plate. (Don't worry if the sausages are not cooked through at this step!)



3 START ORZO Reduce the heat to medium. Melt **1 tbsp butter** in the same pan. Add the **onion** and **garlic**. Cook, stirring often, until the onion is softened, 3-4 min. Stir in the **orzo**, **passata**, **broth concentrate** and **1 cup water**.



4 ADD SAUSAGES Lay the **sausages** in the sauce. Cover with a lid. Cook until the **orzo** is tender and sausages are cooked through, 7-8 min. (**TIP:** Cook to a minimum internal temperature of 160°F.**)



5 COOK SUCCOTASH Meanwhile, heat another large pan over medium-high heat. Add a drizzle of **oil**, then the **bell pepper**, **zucchini** and **corn-edamame blend**. Cook, stirring occasionally, until the peppers are tender, 7-8 min. Season with **salt** and **pepper**.



6 FINISH AND SERVE Remove the **sausages** to a cutting board and thinly slice at an angle. Serve alongside the **orzo** and **succotash**.

HEARTY!

This veggie-packed dish feels like a cozy hug in this cool autumn weather.