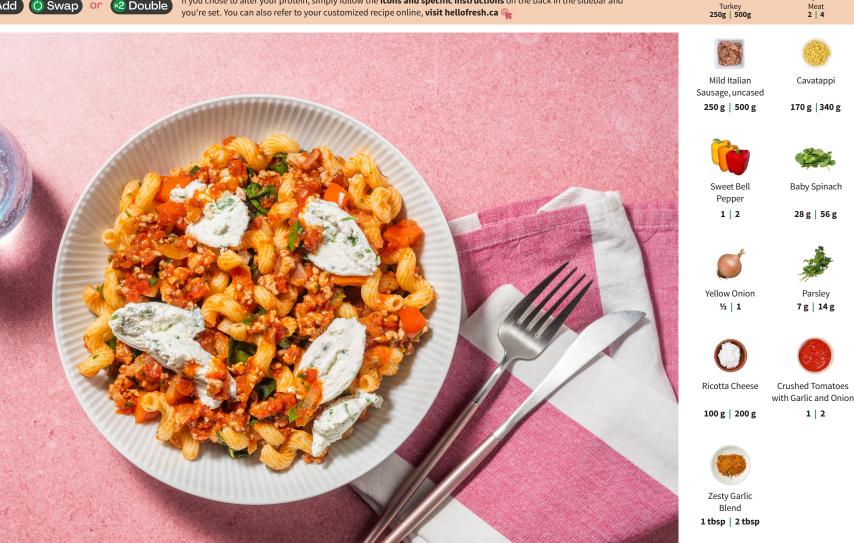


Family Friendly 20 - 30 Minutes

💫 Customized Protein 🕒 Add 2 Double 🔿 Swap) or

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🚱



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.



🔿 Swa

Ground

🔿 Swap

Beyond

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Colander, measuring spoons, small bowl, measuring cups, large pot, large non-stick pan



Cook cavatappi

- Before starting, 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. Wash and dry all produce.
- Add **cavatappi** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 8-9 min.
- Reserve ½ cup (1 cup) pasta water, then drain and return cavatappi to the same pot, off heat.
- Add **1 tbsp** (2 tbsp) **butter** to the pot, then stir to coat **cavatappi**.



Prep and flavour ricotta

- Meanwhile, core, then cut **pepper** into ¹/₂-inch pieces.
- Peel, then cut half the onion (whole onion for 4 ppl) into ½-inch pieces.
- Roughly chop **spinach**.
- Finely chop **parsley**.
- Combine ricotta, half the parsley,
 ½ tsp (¼ tsp) salt and ½ tsp (¼ tsp) pepper in a small bowl.



Cook sausage

🔇 Swap | Ground Turkey

🔇 Swap | Beyond Meat

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then sausage.
- Cook, breaking up sausage into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt** and **pepper**. Transfer **sausage** to a plate.



3 | Cook turkey

🔇 Swap | Ground Turkey

If you've opted to get **turkey**, increase **oil** amount to **1 tbsp** (2 tbsp), then cook **turkey** in the same way the recipe instructs you to cook **sausage**.**

$3 \mid Cook Beyond Meat \mathbb{R}$

🔇 Swap | Beyond Meat®

If you've opted to get **Beyond Meat**[®], prepare, cook and plate it the same way as **sausage**, until cooked through, 5-6 min.**



Cook veggies

- Add ½ tbsp (1 tbsp) oil to the same pan, then onions and peppers.
- Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.



Make sauce

- Add crushed tomatoes, Zesty Garlic Blend and remaining parsley to the pan. Bring to a simmer.
- Once simmering, cook, stirring occasionally, until **sauce** thickens slightly and **veggies** are tender, 3-4 min.
- Remove from heat.



Finish and serve

- Add sausage, spinach, ¼ cup (½ cup) pasta water and 1 tbsp (2 tbsp) butter to the pan. (TIP: For a lighter sauce consistency, add more reserved pasta water, 1-2 tbsp at a time, if desired.)
- Stir until **butter** is melted and **spinach** has wilted slightly, 1-2 min.
- Transfer **sauce** to the pot with **cavatappi**. Season with **salt** and **pepper**, to taste, then stir to combine.
- Divide **pasta** between bowls. Top with **herbed ricotta**.

