



# Italian Sausage Cavatappi with Herbed Ricotta

Family Friendly 20 - 30 Minutes

Customized Protein **+** Add **↻** Swap or **\*2** Double

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<b>↻</b> Swap	<b>↻</b> Swap
Ground Turkey 250g   500g	Beyond Meat 2   4



Mild Italian Sausage, uncased 250 g   500 g	Cavatappi 170 g   340 g
Sweet Bell Pepper 1   2	Baby Spinach 28 g   56 g
Yellow Onion ½   1	Parsley 7 g   14 g
Ricotta Cheese 100 g   200 g	Crushed Tomatoes with Garlic and Onion 1   2
Zesty Garlic Blend 1 tbsp   2 tbsp	

**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



### 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  $\frac{1}{2}$  **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**.

2



### Prep and flavour ricotta

- Meanwhile, core, then cut **pepper** into  $\frac{1}{2}$ -inch pieces.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into  $\frac{1}{2}$ -inch pieces.
- Roughly chop **spinach**.
- Finely chop **parsley**.
- Combine **ricotta**, **half the parsley**,  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  tsp) **salt** and  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  tsp) **pepper** in a small bowl.

3



### Cook sausage

Swap | **Ground Turkey**

Swap | **Beyond Meat**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add  $\frac{1}{2}$  **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.

4



### Cook veggies

- Add  $\frac{1}{2}$  **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**.

5



### 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.

6



### Finish and serve

- Add **sausage**, **spinach**,  $\frac{1}{4}$  **cup** ( $\frac{1}{2}$  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**.

Measurements within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 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 | Cook Beyond Meat®

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. \*\*

