



# Sausage and Peppers on a Bun

with Garlic Broccoli

Family Friendly

30 Minutes



Mild Italian Sausage, uncased



Artisan Roll



Onion, sliced



Sweet Bell Pepper



Marinara Sauce



Mozzarella Cheese, shredded



Broccoli, florets



Garlic Puree

## HELLO TRAY BAKE

*Broiling on one baking sheet lets all the juices and spices blend together to maximize flavour!*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

## Bust Out

2 Baking sheets, measuring spoons, aluminum foil, large non-stick pan

## Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Artisan Roll	2	4
Onion, sliced	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Marinara Sauce	½ cup	1 cup
Mozzarella Cheese, shredded	¾ cup	1 ½ cup
Broccoli, florets	227 g	454 g
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Prep

Core, then slice **pepper** into ¼-inch strips. Cut **broccoli** into bite-sized pieces.



## Cook garlic broccoli

While **sausage** and **veggies** broil, heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) swirl pan until melted, 1 min. Add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Stir to combine. Cook, covered, stirring occasionally, until tender, 5-6 min. Add the **garlic puree** and **1 tbsp butter** (dbl for 4 ppl). Toss to coat, until **butter** melts and **garlic** is fragrant, 1-2 min. Season with **salt** and **pepper**.



## Prep tray bake

Add the **peppers, onions** and **1 tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Toss to coat. Crumble the **sausage** into bite-sized pieces over the **peppers** and **onions**.



## Toast rolls

While **broccoli** cooks, halve **rolls** and arrange on another baking sheet, cut-side up. Sprinkle **cheese** over the **bottom rolls**. Spoon **marinara** over the **top rolls**. Broil **rolls** in the **top** of the oven, until **cheese** melts and **marinara** is warmed through, 1-2 min. (TIP: Keep an eye on rolls so they don't burn!)



## Broil tray bake

Broil **peppers, onions** and **sausage** in the **middle** of the oven, stirring halfway through, until veggies are golden-brown and **sausage** is cooked through, 15-16 min.\*\*



## Finish and serve

Divide **sausage** and **veggies** between the **bottoms rolls**. Top with the **top rolls**. Serve with **garlic broccoli** on the side.

## Dinner Solved!