



SEARED ITALIAN SAUSAGES

with Veggie Succotash

FAMILY



HELLO ORZO

A small-sized pasta that's shaped like a grain of rice

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 790



Mild Italian Sausage, cased



Red Bell Pepper



Corn Kernels



Edamame



Red Onion, chopped



Parsley



Vegetable Broth Concentrate



Orzo



Lemon

BUST OUT

- Large Non-Stick Pan
- Zester
- Measuring Spoons
- Salt and Pepper
- Medium Pot
- Olive or Canola oil
- Strainer

INGREDIENTS

4-person

- Mild Italian Sausage, cased 500 g
- Red Bell Pepper 190 g
- Corn Kernels 113 g
- Edamame 9 85 g
- Red Onion, chopped 113 g
- Parsley 10 g
- Vegetable Broth Concentrate 1
- Orzo 1 3/4 cup
- Lemon 1

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, 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
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG



Charring means to scorch the surface. In cooking terms, it means to deeply brown the surface of the meat or vegetable. This technique works best in a dry pan, without oil.



1 PREP

Wash and dry all produce.* In a medium pot, add **6 cups water** and **1 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, core, then cut the **bell pepper** into 1/4-inch cubes. Roughly chop the **parsley**. Zest, then juice **half the lemon**. Cut the **remaining lemon** into wedges.



4 COOK VEGGIES

Reduce the heat to medium, then add the **onions, peppers** and **corn** to the same pan. Do not stir. Add the **sausages** on top of the **veggies**. Cover and cook, until the **veggies** are 'charred' or dark golden-brown and the **sausage** are cooked through, 6-8 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**) Transfer the **sausages** to a cutting board.



2 COOK ORZO

Add the **orzo** to the medium pot with the **boiling water**. Cook, uncovered, stirring occasionally, until the **orzo** is tender, 10-12 min.



5 ASSEMBLE ORZO

Meanwhile, when the **orzo** is finished cooking, drain and return to the same pot. Add the **broth concentrate** and stir together. Add the **charred veggies, edamame, lemon zest, lemon juice, half the parsley** and **2 tsp oil**. Toss together, then season with **salt** and **pepper**.



3 COOK SAUSAGES

Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **2 tbsp oil**, then the **sausages**. Sear until golden-brown, 2-3 min per side. Transfer the **sausages** to a plate and set aside. (It's okay if the sausages are not cooked through at this step!)



6 FINISH AND SERVE

Thinly slice the **sausages**. Divide the **orzo-veggie mixture** between plates. Top with the **sausage**. Sprinkle over the **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

SUCCULENT!

This veggie-packed dish feels like a celebration any night of the week!