



# Tuscan Sausage Linguine

with Sweet Bell Pepper, Chili and Parmesan

Family Friendly

Optional Spice

30 Minutes



Mild Italian Sausage, uncased



Italian Seasoning



Zucchini



Sweet Bell Pepper



Chili Flakes



Parmesan Cheese, shredded



Crushed Tomato with Garlic and Onion



Linguine



Garlic



Yellow Onion

## HELLO ITALIAN SAUSAGE

*The herbs and spices in the sausage add a ton of delicious flavour to this dish!*

## Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Spicy: 1/2 tsp

## Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Italian Seasoning	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Chili Flakes 🌶️	1 tsp	1 tsp
Parmesan Cheese, shredded	1/2 cup	1 cup
Crushed Tomato with Garlic and Onion	370 ml	740 ml
Linguine	170 g	340 g
Garlic	3 g	6 g
Yellow Onion	56 g	113 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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.*

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## 1 Prep

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. While **water** comes to a boil, core, then cut **pepper** into 1/2-inch pieces. Halve **zucchini** lengthwise, then cut into 1/4-inch half-moons. Peel, then mince or grate **garlic**. Peel, then cut **half the onion** into 1/4-inch pieces (whole onion for 4 ppl).



## 4 Cook veggies

When **sausage** is done, transfer to a plate and set aside. Add another **1/2 tbsp oil** (dbl for 4 ppl) to the same pan (from step 2), then **zucchini, onions** and **peppers**. Cook, stirring often, until **veggies** soften, 4-5 min. Add **Italian Seasoning, garlic** and **1/8 tsp chili flakes**. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1 min.



## 2 Cook sausage

Heat a large non-stick pan over medium-high heat. When hot, add **1/2 tbsp oil** (dbl for 4 ppl), then **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min.\*\*



## 5 Make sauce

Add **sausage** and **crushed tomatoes** to the pan with **veggies**, then stir to combine. Simmer, stirring occasionally, until **sauce** thickens slightly, 5-6 min.



## 3 Cook linguine

While **sausage** cooks, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Drain and return **linguine** to the same pot, off heat.



## 6 Finish and serve

Add **sauce** to the pot with **linguine**. Season with **salt** and **pepper**, then toss to combine. Divide **sausage linguine** between bowls. Sprinkle **Parmesan** over top.

## Dinner Solved!