



# Tuscan Sausage Linguine

with Sweet Bell Pepper and Parmesan

Family Friendly

Optional Spice

30 Minutes



Mild Italian Sausage, uncased



Italian Seasoning



Zucchini



Sweet Bell Pepper



Chili Flakes



Parmesan Cheese, shredded



Crushed Tomatoes



Linguine



Yellow Onion



Garlic Salt



Chicken Broth Concentrate



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HELLO ITALIAN SAUSAGE

*This delicious pork sausage mix is seasoned with fennel!*

## Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 4:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 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
<b>Chili Flakes</b> 🌶️	¼ tsp	¼ tsp
Parmesan Cheese, shredded	¼ cup	½ cup
Crushed Tomatoes	370 ml	796 ml
Linguine	170 g	340 g
Yellow Onion	56 g	113 g
Garlic Salt	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
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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## 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.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



## Cook veggies

- When **sausage** is done, transfer to a plate and set aside.
- Add **½ tbsp oil** (dbl for 4 ppl) to the same pan (from step 2), then **zucchini, peppers and onions**. Cook, stirring often, until **veggies** soften, 4-5 min.
- Add **Italian Seasoning, garlic salt** and **¼ tsp chili flakes**. (**NOTE**: Reference heat guide.) Cook, stirring often, until fragrant, 1 min.



## Cook sausage

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min. \*\*



## Make sauce

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



## Cook linguine

- Meanwhile, 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.



## Finish and serve

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

## Dinner Solved!