



# Tuscan Sausage Linguine

## with Sweet Bell Peppers and Parmesan

Family Friendly 25 Minutes

Customized Protein + Add ↻ Swap or \*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

<span>↻ Swap</span> 	<span>↻ Swap</span> 
Ground Beef 250 g   500 g	Beyond Meat® 2   4



 Mild Italian Sausage, uncased 250 g   500 g	 Linguine 170 g   340 g
 Sweet Bell Pepper 1   2	 Yellow Onion 1   1
 Crushed Tomatoes with Garlic and Onion 1   2	 Zucchini 1   2
 Parmesan Cheese, shredded ¼ cup   ½ cup	 Chicken Broth Concentrate 1   2
 Zesty Garlic Blend 1 tbsp   2 tbsp	 Italian Seasoning ½ tsp   1 tbsp
 Chili Flakes 1 tsp   2 tsp	

**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.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, strainer

1



## Prep

- Before starting, wash and dry all produce.
- **Heat Guide for Step 4:**
- Mild: no chili flakes • Medium: ½ tsp (1 tsp) • Spicy: 1 tsp (2 tsp)

- 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** (whole onion for 4 ppl) into ¼-inch pieces.

4



## Cook veggies

- When **sausage** is done, transfer to a plate and set aside.
- Add **½ tbsp** (1 tbsp) **oil** to the same pan (from step 2), then **zucchini, peppers** and **onions**. Cook, stirring often, until **veggies** soften, 4-8 min.
- Add **Zesty Garlic Blend, half the Italian Seasoning** (use all for 4 ppl) and **chili flakes** (if desired). (**NOTE:** If adding chili flakes, refer to the heat guide.)
- Season with **salt** and **pepper**, then stir to combine.

2



## Cook sausage

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **sausage**.
- Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-7 min.\*\*

5



## Make sauce

- Add **sausage, crushed tomatoes, broth concentrate** and **½ tsp** (1 tsp) **sugar** to the pan with **veggies**, then stir to combine.
- Reduce heat to medium.
- Simmer, stirring occasionally, until **sauce** thickens slightly, 5-6 min. (**TIP:** Partially cover sauce with a lid to prevent splattering.)

3



## Cook linguine

- Meanwhile, add **linguine** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.

6



## Finish and serve

- Add **sauce** and **reserved pasta water** to the pot with **linguine**, then toss to combine.
- Divide **sausage linguine** between bowls.
- Sprinkle **Parmesan** over top.

Measurements  
within steps

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

## 2 | Cook beef

Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **sausage**\*\*.

## 2 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **sausage**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.\*\*

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