



SuperQuick Creamy Sausage and Red Pepper Penne











with Feta and Spinach
15 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](http://hellofresh.ca)

 Ground Beef 250 g 500 g	 Beyond Meat® 2 4
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 Mild Italian Sausage, uncased 250 g 500 g	 Penne 170 g 340 g
 Roasted Pepper Pesto ½ cup 1 cup	 Cream Cheese 2 4
 Smoked Paprika-Garlic Blend 1 tbsp 2 tbsp	 Feta Cheese, crumbled ¼ cup ½ cup
 Baby Spinach 56 g 113 g	 Garlic Puree 1 tbsp 2 tbsp
 Sweet Bell Pepper 1 2	 Garlic Salt ½ tsp 1 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.

1



Cook pasta

- Before starting, 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.
- Wash and dry all produce.
- Add **penne** to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return **penne** to the same pot, off heat.

4



Assemble pasta

- Add **roasted pepper pesto**, **garlic puree**, **spinach** and **sausage mixture** to the pot with **penne**. Stir, until **spinach** wilts and **pesto** is combined into **sauce**, 1-2 min.
- Season with $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **garlic salt** and **pepper**.

2



Cook sausage

- [Swap](#) | **Ground Beef**
- [Swap](#) | **Beyond Meat®**
- Meanwhile, heat a large non-stick pan over high heat.
- Meanwhile, core, then cut **pepper** into $\frac{1}{2}$ -inch pieces.
- When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **sausage** and **peppers**. Cook, breaking up **sausage** into smaller pieces, until no pink remains and **peppers** are tender-crisp, 3-4 min.**
- Season with $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **garlic salt** and **pepper**.

5



Finish and serve

- Divide **pasta** between bowls.
- Sprinkle **feta** over top.

3



Make sauce

- Reduce heat to medium-high.
- Add **Smoked Paprika-Garlic Blend** to the pan. Cook, stirring constantly, until fragrant, 1 min.
- Add **cream cheese** and $\frac{1}{2}$ **cup** (1 **cup**) **water**.
- Cook, stirring often, until **cheese** is melted and **sauce** has thickened slightly, 1-2 min.
- Meanwhile, roughly chop or tear **spinach**.

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.**