









Creamy Cheddar and Broccoli Penne with Sausage

Family Friendly

25-35 Minutes

 Swap	 Swap	 Double
		
Ground Beef 250 g 500 g	Beyond Meat® 2 4	Mild Italian Sausage, uncased 500 g 1000 g

 Customized Protein  Add  Swap or  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://www.hellofresh.ca)



	
Mild Italian Sausage, uncased 250 g 500 g	Penne 170 g 340 g
	
Cream 56 ml 113 ml	Garlic, cloves 2 4
	
Cheddar Cheese, shredded ½ cup 1 cup	Cream Cheese 2 4
	
Broccoli 227 g 454 g	Cream Sauce Spice Blend 1 tbsp 2 tbsp

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 | Oil, unsalted butter, salt, pepper

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

1



Cook pasta

- Before starting, preheat the broiler to high.
 - 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.
- Reserve **1 cup** (2 cups) **pasta water**, then drain and return **penne** to the same pot, off heat.

4



Start sauce

- Reduce the heat to medium-low.
- Sprinkle **Cream Sauce Spice Blend** over **sausage**, then stir to coat **sausage**, 1 min.
- Add **cream cheese**, **garlic** and **reserved pasta water**. Cook, stirring constantly, until **cream cheese** melts and **sauce** thickens slightly, 1-2 min. Season with **pepper**.

2



Prep and roast broccoli

- Meanwhile, peel, then mince or grate **garlic**.
- Cut **broccoli** into bite-sized pieces.
- Add **broccoli**, **1 tbsp** (2 tbsp) **water** and **1 tbsp** (2 tbsp) **oil** to a baking sheet. Season with **salt** and **pepper**. Toss to combine.
- Broil in the **middle** of the oven, flipping once halfway through, until **broccoli** is tender-crisp, 5-8 min.

5



Assemble pasta

- Pour **cream**, **sauce** and **half the cheddar** over the **penne** in the pot. Stir to combine.
- Add **broccoli**, then stir gently until combined, 1 min.

3



Cook sausage

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

*2 Double | **Mild Italian Sausage**

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min.**

6



Finish and serve

- Divide **pasta** between bowls.
- Top with **remaining cheddar**.

Measurements
within steps

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

3 | 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****.

3 | 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.**

3 | Cook sausage

*2 Double | **Mild Italian Sausage**

If you've opted for **double sausage**, cook it in the same way the recipe instructs you to cook the **regular portion of sausage**. Work in batches, if necessary.

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