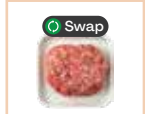




# SuperQuick Creamy Sausage and Red Pepper Penne

with Feta and Spinach  
15 Minutes



Ground Beef  
250 g | 500 g

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://www.hellofresh.ca)



- 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.

Pantry items | Pepper, oil, salt

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

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**

- 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**\*\*

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