



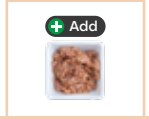
# SuperQuick Veggie Tortellini

## with Blistered Tomatoes and Peas

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](https://www.hellofresh.ca)



Mild Italian Sausage, uncased  
250 g | 500 g



Cheese Tortellini  
350 g | 700 g



Cream  
237 ml | 474 ml



Baby Tomatoes  
113 g | 227 g



Green Peas  
56 g | 113 g



Italian Seasoning  
1 tbsp | 2 tbsp



Parsley  
7 g | 14 g



Parmesan Cheese, shredded  
1/4 cup | 1/2 cup



Garlic Puree  
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 | Unsalted butter, oil, salt, pepper

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

1



### Cook tortellini

- Before starting, add 10 cups water and 1 tbsp 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 **tortellini** to the boiling water. Cook, stirring occasionally, until tender, 2-3 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain.
- Return **tortellini** to the same pot, off heat.
- Add **2 tbsp** (4 tbsp) **butter**. Stir to coat.

2



### Cook veggies

- **+ Add | Mild Italian Sausage, uncased**
- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tomatoes** and **peas**. Cook, stirring occasionally, until **tomatoes** burst, 3-4 min.

3



### Make sauce

- Add **cream, garlic puree** and **Italian Seasoning**.
- Cook stirring often until **sauce** thickens slightly, 2-3 min.
- Meanwhile, roughly chop **parsley**.

4



### Finish and serve

- Add **sauce, parsley** and **reserved pasta water** to the large pot with the **tortellini**.
- Season with **salt** and **pepper**, then stir to combine.
- Divide **tortellini** between bowls. Sprinkle **Parmesan** over top.

Measurements  
within steps

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

## 2 | Cook veggies and sausage

**+ Add | Mild Italian Sausage, uncased**

If you've opted to add **sausage**, when the pan is hot, add **sausage** along with **tomatoes**. Season with **salt** and **pepper**. Cook, breaking up **sausage** and stirring often until **tomatoes** have softened and **sausage** is cooked through, 4-6 min\*\*. Follow the rest of the recipe as written.

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