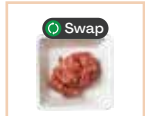




SuperQuick Italian Sausage and Cheesy Grits

with Saucy Pepper and Onions

15 Minutes



Ground Turkey
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



Crushed Tomatoes with Garlic and Onion
1 | 2



Cornmeal
½ cup | 1 cup



Parmesan Cheese, shredded
¼ cup | ½ cup



Chicken Stock Powder
½ tbsp | 1 tbsp



Sweet Bell Pepper
1 | 2



Onion, sliced
56 g | 113 g



Garlic Puree
1 tbsp | 2 tbsp



White Cheddar Cheese, shredded
½ cup | 1 cup

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, sugar

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, whisk

1



Make grits

- Before starting, preheat the broiler to high. Add 3 cups (6 cups) water and ¼ tsp (½ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Reduce heat of **water** to medium.
- Add **2 tbsp** (4 tbsp) **butter** and **chicken stock powder** to the pot with **boiling water**. Slowly whisk in **cornmeal**. Cook, whisking constantly, until **cornmeal** thickens slightly, 1-2 min.
- Reduce heat to medium-low. Cook, stirring occasionally, until **cornmeal grains** are tender, 10-12 min.

2



Broil peppers and onions

- Meanwhile, core, then cut **pepper** into ¼-inch strips.
- Arrange **peppers, onions** and **1 tbsp** (2 tbsp) **oil** on an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Broil in the **middle** of the oven, stirring halfway through, until tender-crisp, 8-10 min.

3



Cook sausage

🔄 Swap | **Ground Turkey**

- Heat a large non-stick pan over high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 3-4 min. ****** Season with **salt** and **pepper**.
- Reduce heat to medium-low.
- Add **crushed tomato, garlic puree** and ¼ **tsp** (½ tsp) **sugar**. Cook, stirring often, until slightly thickened, 2-3 min.
- Season with **salt** and **pepper**.
- Once tender, stir **veggies** into the **sauce**.

4



Finish and serve

- Once **grits** are tender, stir in **half the Parmesan** and **white cheddar**, until melted, 1 min. Season with **salt**, to taste.
- Divide **grits** between plates.
- Top with **sausage-mixture**.
- Sprinkle over **remaining Parmesan**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook turkey

🔄 Swap | **Ground Turkey**

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