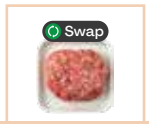




# SuperQuick Messy Italian Sausage Melts

## with Balsamic-Dressed Tomato Salad

15 Minutes



Ground Beef  
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 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



Artisan Bun  
2 | 4



Baby Tomatoes  
113 g | 227 g



Arugula and Spinach Mix  
56 g | 113 g



Yellow Onion, chopped  
56 g | 113 g



Parmesan Cheese, shredded  
¼ cup | ½ cup



Marinara Sauce  
½ cup | 1 cup



Roasted Pepper Pesto  
¼ cup | ½ cup



Balsamic Vinegar  
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.*

Ingredient quantities 56 g | 113 g  
2-serving 4-serving

**Pantry items** | Butter, sugar, oil, salt, pepper

**Cooking utensils** | Aluminum foil, baking sheet, large non-stick pan, measuring spoons, medium bowl, whisk

1



### Cook sausage mixture

- Before starting, remove 1 **tblsp** (2 **tblsp**) **butter** from the fridge and set aside to come up to room temperature.
- Preheat the broiler to high.
- Wash and dry all produce.

[Swap](#) | **Ground Beef**

- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **onions** and **sausage**. Cook for 4-5 min, breaking up **sausage** into smaller pieces, until no pink remains. \*\* Season with **salt** and **pepper**.
- Add **marinara**, **pesto**, **half the vinegar** and ¼ **tsp** (½ **tsp**) **sugar**. Cook for 1 min, stirring often, until fragrant and slightly thickened.

4



### Finish and serve

- Divide **sausage mixture** between **bottom buns**. Sprinkle **half the Parmesan** over top and return to the oven.
- Broil **bottom buns** for 1-2 min, in the **middle** of the oven, until **cheese** melts slightly.
- When done, place **top buns** over top.
- To the bowl with **dressing** (from step 2), add **tomatoes** and **arugula and spinach mix**. Toss to coat.
- Divide **sandwiches** and **salad** between plates.
- Sprinkle **remaining Parmesan** over **salad**.

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

2



### Prep and make dressing

- Meanwhile, halve **tomatoes**.
- In a medium bowl, whisk together **remaining vinegar**, ½ **tsp** (1 **tsp**) **sugar** and 1 **tblsp** (2 **tblsp**) **oil**. Season with **salt** and **pepper**. (**NOTE**: This is your salad dressing!)

3



### Toast buns

- On a foil-lined baking sheet, arrange **buns** cut-sides up.
- Spread **buns** with 1 **tblsp** (2 **tblsp**) **butter**.
- Broil **buns** for 1-2 min, in the **middle** of the oven, until toasted. (**TIP**: Keep an eye on buns so they don't burn!)

**Measurements within steps** | 1 **tblsp** (2 **tblsp**) **oil**  
2-serving 4-serving 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.

### 1 | Cook beef mixture

[Swap](#) | **Ground Beef**

If you've opted to get **beef**, cook in the same way the recipe instructs you to cook the **sausage**. \*\* Remove and discard excess fat, if desired.