

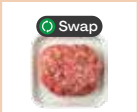


SuperQuick Creamy Sausage and Bell Pepper Penne

with Feta and Spinach

15-Minute Meal

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](http://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.*

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

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 servings). 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**

- Meanwhile, heat a large non-stick pan over high.
- 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-serving 4-serving Ingredient

For 6 servings

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.

2 | Cook beef

🔄 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.

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