









Tuscan Sausage Linguine

with Sweet Bell Peppers and Parmesan

Family Friendly

Spicy

25-35 Minutes

 Swap	 Swap	 Double
		
Ground Beef 250 g 500 g	Beyond Meat® 2 4	Mild Italian Sausage, uncased 500 g 1000 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	Linguine 170 g 340 g
	
Sweet Bell Pepper 1 2	Yellow Onion 1 1
	
Crushed Tomatoes with Garlic and Onion 1 2	Zucchini 1 2
	
Parmesan Cheese, shredded 1/4 cup 1/2 cup	Chicken Broth Concentrate 1 2
	
Zesty Garlic Blend 1 tbsp 2 tbsp	Italian Seasoning 1/2 tsp 1 tsp
	
Chili Flakes 1 tsp 2 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 | Sugar, oil, salt, pepper

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

1



Prep

- Before starting, wash and dry all produce.

- Bring a large pot of **salted water** to a boil over high.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **half the onion** (whole onion for 4 servings) into ¼-inch pieces.

2



Cook sausage

- 🔄 Swap | **Ground Beef**
- 🔄 Swap | **Beyond Meat®**
- *2 Double | **Mild Italian Sausage**

- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **sausage**.
- Cook for 4-7 min, breaking up **sausage** into smaller pieces, until no pink remains. **

3



Cook linguine

- Meanwhile, to the **boiling water**, add **linguine**.
- Cook for 10-12 min, stirring occasionally, until tender but still firm to the bite.
- Reserve ¼ **cup** (½ **cup**) **pasta water**.
- Strain **linguine**, then return to the pot, off heat.

4



Cook veggies

- When **sausage** is done, transfer to a plate and set aside.
- To the same pan (from step 2), add ½ **tbsp** (1 **tbsp**) **oil**, then **zucchini**, **peppers** and **onions**. Cook for 4-8 min, stirring often, until **veggies** soften.
- Add **Zesty Garlic Blend**, **half the Italian Seasoning** (use all for 4 servings) and **chili flakes** (if you like). (Like things spicy? Add more chili flakes!)
- Season with **salt** and **pepper**, then stir to combine.

5



Make sauce

- To the pan with **veggies**, add **sausage**, **crushed tomatoes**, **broth concentrate** and ½ **tsp** (1 **tsp**) **sugar**. Stir to combine.
- Reduce heat to medium.
- Simmer for 5-6 min, stirring occasionally, until **sauce** thickens slightly. (**TIP**: Partially cover sauce with a lid to prevent splattering.)

6



Finish and serve

- To the pot with **linguine**, add **sauce** and **reserved pasta water**, then toss to combine.
- Divide **sausage linguine** between bowls.
- Sprinkle **Parmesan** over top.

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**. **

2 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **sausage**, breaking up **patties** into smaller pieces, until crispy. **

2 | Cook sausage

*2 Double | **Mild Italian Sausage**

If you've opted for **double sausage**, cook in the same way the recipe instructs you to cook the **regular portion of sausage**. Work in batches, if necessary.

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