

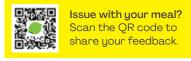
# Italian Sausage Cavatappi

with Herbed Ricotta

Family Friendly

Quick

25 Minutes









Mild Italian Sausage, uncased

Cavatappi





**Baby Spinach** 

Sweet Bell Pepper





Yellow Onion



Ricotta Cheese

**Crushed Tomatoes** 



Zesty Garlic Blend

# Start here

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

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

#### **Bust out**

Colander, measuring spoons, small bowl, measuring cups, large pot, large non-stick pan

# Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Cavatappi	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Baby Spinach	28 g	56 g
Yellow Onion	56 g	113 g
Parsley	7 g	14 g
Ricotta Cheese	100 g	200 g
Crushed Tomatoes	1	2
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		

Salt and Pepper\*

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

## 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.



#### Cook cavatappi

- Add cavatappi to the boiling water. Cook uncovered, stirring occasionally, until tender, 8-9 min.
- Reserve ½ cup (1 cup) pasta water, then drain and return cavatappi to the same pot, off heat.
- Add 1 tbsp (2 tbsp) butter to the pot, then stir to coat cavatappi.



### Prep and flavour ricotta

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut half the onion into ½-inch pieces (whole onion for 4 ppl).
- Roughly chop spinach.
- Finely chop parsley.
- Combine ricotta, half the parsley, 1/8 tsp (1/4 tsp) salt and 1/8 tsp (1/4 tsp) pepper in a small bowl.



#### Cook sausage

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then sausage. Cook, breaking up sausage into smaller pieces, until no pink remains, 4-5 min.\*\* Season with salt and pepper.
- Transfer sausage to a plate.



• Add ½ tbsp (1 tbsp) oil to the same pan, then **onions** and **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with salt and pepper.



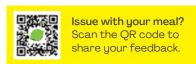
#### Make sauce

- Add crushed tomatoes, Zesty Garlic Blend, remaining parsley and 1/2 tsp (1 tsp) sugar to the pan. Bring to a simmer.
- Once simmering, cook, stirring occasionally, until sauce thickens slightly and veggies are tender, 3-4 min.
- Remove from heat.



#### Finish and serve

- Add sausage, spinach, ¼ cup (½ cup) pasta water and 1 tbsp (2 tbsp) butter to the pan. (TIP: For a lighter sauce consistency, add more reserved pasta water, 1-2 tbsp at a time, if desired.) Stir until butter is melted and spinach has wilted slightly, 1-2 min.
- Transfer sauce to the pot with cavatappi. Season with salt and pepper, to taste, then stir to combine.
- Divide pasta between bowls. Top with herbed ricotta.



# **Dinner Solved!**