



Italian Sausage Cavatappi

with Herbed Ricotta

Family Friendly

Quick

25 Minutes



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Mild Italian Sausage,
uncased



Cavatappi



Sweet Bell Pepper



Baby Spinach



Yellow Onion



Parsley



Ricotta Cheese



Crushed Tomatoes



Zesty Garlic Blend

HELLO ITALIAN SAUSAGE

This delicious pork sausage mix is seasoned with fennel!

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

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.



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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**.



Cook veggies

- 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**.



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**, **⅓ tsp** (¼ tsp) **salt** and **⅓ tsp** (¼ tsp) **pepper** in a small bowl.



Make sauce

- Add **crushed tomatoes**, **Zesty Garlic Blend**, **remaining parsley** and **½ 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.



Cook sausage

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ 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.



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!