



ITALIAN SAUSAGES

with Veggie Succotash and Tomato-ey Orzo



HELLO SUCCOTASH

A Southern dish consisting of sweet corn and shelled beans

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 762



Mild Italian Sausage



Red Bell Pepper



Zucchini



Garlic



Red Onion, chopped



Orzo



Passata



Vegetable Broth Concentrate



Corn-Edamame Blend

BUST OUT

- Medium Pot
- Large Non-Stick Pan
- Large Pan
- Measuring Cups
- Strainer
- Butter (1 tbsp)
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Mild Italian Sausage 2 pkg (500 g)
- Red Bell Pepper 1
- Zucchini 227 g
- Garlic 2 pkg (20 g)
- Red Onion, chopped 1 pkg (113 g)
- Orzo 1 1 pkg (170 g)
- Passata 1 box
- Vegetable Broth Concentrate 1
- Corn-Edamame Blend 4 1 pkg (2 cups)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Leave some of the grease in the pan after cooking the sausage. It'll give your orzo some extra flavour.



1 PREP Wash and dry all produce. Core and cut the **bell pepper** into ½-inch cubes. Cut the **zucchini** into ½-inch cubes. Mince or grate the **garlic**.



2 COOK SAUSAGES Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **sausages**. Cook, turning the sausages occasionally, until golden-brown all over, 1-2 min per side. Transfer to a plate. (Don't worry if the sausages are not cooked through at this step!)



3 START ORZO Reduce the heat to medium. Add the **butter**, then the **onion** and **garlic**. Cook, stirring often, until the onion is softened, 3-4 min. Stir in the **orzo**, **passata**, **broth concentrate** and **1 cup water**.



4 NESTLE SAUSAGE Nestle the **sausages** in the sauce. Cover with a lid, and cook until the **orzo** is tender and sausages are cooked through, 7-8 min. (**TIP:** Cook to a minimum internal temperature of 160°F.)



5 COOK SUCCOTASH Meanwhile, heat another large pan over medium-high heat. Add a drizzle of **oil**, then the **bell pepper**, **zucchini** and **corn-edamame blend**. Cook, stirring occasionally, until the peppers are tender, 7-8 min. Season with **salt** and **pepper**.



6 FINISH AND SERVE Remove the **sausages** to a cutting board and thinly slice at an angle. Serve alongside the **orzo** and **succotash**.

SUCCULENT!

This veggie-packed dish feels like a celebration of spring!