



# Tuscan Sausage Linguine

## with Sweet Bell Peppers and Parmesan

Family Friendly

Optional Spice

25-35 Minutes

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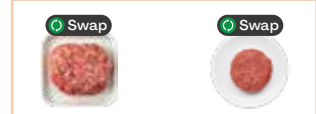
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Ground Beef  
250 g | 500 g

Beyond Meat  
2 | 4



Mild Italian Sausage, uncased  
250 g | 500 g



Linguine  
170 g | 340 g



Zucchini  
1 | 2



Sweet Bell Pepper  
1 | 2



Yellow Onion  
½ | 1



Crushed Tomatoes with Garlic and Onion  
1 | 2



Parmesan Cheese, shredded  
¼ cup | ½ cup



Chicken Broth Concentrate  
1 | 2



Italian Seasoning  
½ tsp | 1 tsp



Zesty Garlic Blend  
1 tbsp | 2 tbsp



Chili Flakes  
¼ tsp | ½ 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.

Pantry items | Oil, pepper, salt

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

1



## Prep

- Before starting, wash and dry all produce.

### • Heat Guide for Step 4:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Spicy: 1 tsp (2 tsp)

- 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.
- 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 ppl) into ¼-inch pieces.

4



## Cook veggies

- When **sausage** is done, transfer to a plate and set aside.
- Add **½ tbsp** (1 tbsp) **oil** to the same pan (from step 2), then **zucchini, peppers** and **onions**. Cook, stirring often, until **veggies** soften, 4-5 min.
- Add **Zesty Garlic Blend**, **half the Italian Seasoning** (use all for 4 ppl) and **¼ tsp** (½ tsp) **chili flakes**. (**NOTE:** Reference heat guide.)
- Season with **salt** and **pepper**, then stir to combine.

2



## Cook sausage

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- 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. \*\*

3



## Cook linguine

- Meanwhile, add **linguine** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.

5



## Make sauce

- Add **sausage, crushed tomatoes** and **broth concentrate** to the pan with **veggies**, then stir to combine.
- Reduce heat to medium.
- Simmer, stirring occasionally, until **sauce** thickens slightly, 5-6 min. (**TIP:** Partially cover with a lid to prevent splattering.)

6



## Finish and serve

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

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

2 | Cook beef

Swap | **Ground Beef**

If you've opted to get **beef**, cook it 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®**, prepare, cook and plate it the same way as the **sausage**, until crispy. \*\*

\*\* Cook sausage, beef and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



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