



SEP
2016

Italian Sausage and Baby Broccoli Pasta

with Oregano Gremolata and Parmesan Cheese

Gremolata may sound fancy, but it's really just a simple combination of herbs, garlic, and lemon zest. Our chefs added almonds into the mix and toasted it all for a deep flavor and slight crunch. We may be biased, but we think it pairs beautifully with the old-school Italian combo of sausage, baby broccoli, and pasta.



Prep: 10 min
Total: 30 min



level 1



Sweet Italian Sausage



Gemelli Pasta



Baby Broccoli



Parmesan Cheese



Garlic



Almonds



Oregano



Lemon

Ingredients

	2 People	4 People
Sweet Italian Sausage	9 oz	18 oz
Gemelli Pasta	1) 6 oz	12 oz
Baby Broccoli	6 oz	12 oz
Parmesan Cheese	2) ¼ Cup	½ Cup
Garlic	2 Cloves	4 Cloves
Almonds	3) 1 oz	2 oz
Oregano	¼ oz	½ oz
Lemon	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Milk

3) Tree Nuts

Tools

Large pot, Baking sheet,

Slotted spoon, Strainer,

Large pan, Zester

Nutrition per person Calories: 767 cal | Fat: 31 g | Sat. Fat: 9 g | Protein: 45 g | Carbs: 85 g | Sugar: 6 g | Sodium: 936 mg | Fiber: 11 g



1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Bring a large pot of **salted water** to a boil. Line up the **baby broccoli** on your cutting board, and cut into 1-inch pieces. Discard the ends. Roughly chop the **garlic**. Pick the **oregano leaves** off the stems. Discard the stems.

2 Cook the sausage: Place the **sausage** onto a baking sheet. Cook in the oven for about 15 minutes.

3 Boil the pasta: Add the **pasta** to the boiling water. Cook 9-11 minutes, until al dente. While the **pasta** cooks, add the **baby broccoli** to the same water. Cook 3-4 minutes, until tender. Remove the **baby broccoli** with a slotted spoon and set aside.

4 Prep the gremolata: Meanwhile, place the **almonds, oregano leaves,** and chopped **garlic** in a pile on your cutting board. Run your knife over the mixture until finely chopped (some larger pieces of nuts can remain). Check on the **pasta**, drain when ready, then return to the pot.

5 Cook the gremolata: Heat a large drizzle of **olive oil** in a large pan over medium-low heat. Add the **gremolata mixture**. Cook, tossing, for 3-4 minutes, until beginning to turn golden brown. Season generously with **salt** and **pepper**. Remove pan from heat. Zest about **1 teaspoon lemon** directly in the pan, and stir thoroughly to release the lemon oils.

6 Toss and serve: Thinly slice the **sausage**. Halve the **lemon**. Toss the **sausage, baby broccoli, gremolata, half the Parmesan cheese,** and a drizzle of **olive oil** into the pot with the **pasta**. Reheat over medium heat if necessary. Season generously with **salt** and **pepper**. Stir in a squeeze of **lemon**, to taste. Divide between bowls, serve with the remaining **Parmesan cheese**, and enjoy!



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