

NEW Try our Fast & Fresh meals!
Heat in the microwave in minutes

Order Creamy Chicken Carbonara on next week's menu!




In your box

- 8 oz. Cooked Cavatappi Pasta
- 3 oz. Peas
- 4 fl. oz. Cream Sauce Base
- 1 oz. Shredded Parmesan Cheese
- 2 oz. Marinara Sauce
- ¼ tsp. Red Pepper Flakes
- 3 oz. Roasted Red Tomatoes

Customize It Options

- 8 oz. Italian Pork Sausage Links
- 12 oz. Impossible Burger
- 16 oz. Double Portion-Shrimp
- 8 oz. Shrimp
- 12 oz. Ground Turkey

*Contains: milk, wheat

You will need

Salt, Pepper

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	



Italian Sausage and Roasted Tomato Cream Cavatappi

with peas

NUTRITION per serving—Calories: 715, Carbohydrates: 56g, Sugar: 8g, Fiber: 6g, Protein: 35g, Sodium: 1624mg, Fat: 40g, Saturated Fat: 17g
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.
*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time	Cook Within	Difficulty Level	Spice Level
30-40 min.	5 days	Easy	Mild

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **8 oz. or 16 oz. shrimp**, pat dry. In Step 2, top pasta with shrimp. Follow same instructions as sausage in Step 3, bake uncovered until shrimp reach minimum internal temperature, 18-20 minutes.
- If using **Impossible burger**, follow same instructions as sausage in Step 2, breaking into small pieces and placing on pasta, and Step 3, baking uncovered until heated through, 15-18 minutes.
- If using **ground turkey**, follow same instructions as sausage in Step 2, breaking into small pieces and placing on pasta with a pinch of **salt** and **pepper**, and Step 3, baking uncovered until turkey reaches minimum internal temperature, 25-27 minutes.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **pasta**, **cream sauce**, **marinara**, **peas**, and **tomatoes** in provided tray.



2. Add the Sausage

- Remove **Italian sausage** from casing and break into small pieces.
- Top **pasta** evenly with sausage pieces and a pinch of **salt** and **pepper**.



3. Bake the Dish

- Bake uncovered in hot oven until **sausage** reaches a minimum internal temperature of 160 degrees, 25-27 minutes.
- Carefully remove tray from oven. Stir to combine, then top with **Parmesan** and **red pepper flakes** (to taste). Bon appétit!