



### In your box

- 2 oz. White Cooking Wine
- 4 oz. Light Cream
- 2 tsp. Chicken Demi-Glace Concentrate
- 5 oz. Penne Pasta
- 8 oz. Brussels Sprouts
- 2 Garlic Cloves

### Customize It Options

- 8 oz. Italian Pork Sausage Links
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. USDA Choice Sliced Flank Steak
- 12 oz. Impossible Burger
- 10 oz. Antibiotic-Free Ground Beef

\*Contains: milk, wheat

### You will need

Olive Oil, Salt

Medium Pot, Colander, Large Non-Stick Pan

### Minimum Internal Protein Temperature

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

Classic Meal Kit



# Italian Sausage Pasta with Brussels Sprouts

and garlic chips

NUTRITION per serving—Calories: 806, Carbohydrates: 71g, Sugar: 10g, Fiber: 5g, Protein: 32g, Sodium: 1386mg, Fat: 44g, 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

**35-45 min.**

Cook Within

**5 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot

### Customize It Instructions

- If using **Impossible burger**, follow same instructions as sausage in Step 3, breaking up burger until heated through, 4-6 minutes.
- If using **ground beef**, follow same instructions as sausage in Step 3, breaking up beef until no pink remains and beef reaches minimum internal temperature, 4-6 minutes.
- If using **diced chicken**, pat dry. Follow same instructions as sausage in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **flank steak**, separate into a single layer and pat dry. Follow same instructions as sausage in Step 3, stirring occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes.



### 1. Cook the Garlic Chips

- Line a plate with a paper towel.
- Slice **garlic** very thinly. Slice as *thin and uniformly* as possible.
- Add 2 tsp. **olive oil** to a large non-stick pan, then add garlic slices in a single layer. Place pan over medium heat.
- As soon as oil begins to bubble, turn heat to low. Cook until garlic slices dry out and begin to brown, 10-15 minutes.
- Immediately remove browned slices to towel-lined plate. Reserve oil and pan.
- While garlic cooks, prepare ingredients and cook pasta.



### 2. Cook Pasta and Prepare Ingredients

- Once **water** is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, trim stems off **Brussels sprouts** and thinly slice.
- On a separate cutting board, remove **Italian sausage** from casing, if necessary.



### 3. Cook the Sausage

- Return pan with reserved garlic oil to medium heat.
- Add **Italian sausage** to hot pan and stir often, breaking up meat, until no pink remains and sausage reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- Remove from burner. Remove sausage to a plate. Reserve pan; no need to wipe clean.



### 4. Cook the Brussels Sprouts

- Return pan used to cook sausage to medium heat and add 2 tsp. **olive oil**.
- Add **Brussels sprouts** and a pinch of **salt** to hot pan. Stir occasionally until lightly browned and tender, 5-8 minutes.



### 5. Make Sauce and Finish Dish

- Add **sausage** and **white wine** to hot pan. Cook until wine is almost evaporated, 30-60 seconds.
- Add **reserved pasta cooking water**, **chicken demi-glace**, and **cream**. Bring to a simmer.
- Once simmering, cook until slightly thickened, 1-2 minutes.
- Remove from burner. Stir in **pasta** and a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card, garnishing pasta with **garlic chips**. Bon appétit!