



**In your box**

- 4 fl. oz. Marinara Sauce
- 2 oz. Baby Spinach
- 12 oz. Par-Cooked Gnocchi
- 5 tsp. Arrabbiata Pesto

**Customize It Options**

- 8 oz. Italian Pork Sausage Links
- 10 oz. Ground Turkey
- 8 oz. Shrimp
- 10 oz. Ground Beef

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

Oven-Ready



# Baked Gnocchi Arrabbiata

with Italian sausage and spinach

NUTRITION per serving—Calories: 600, Carbohydrates: 68g, Sugar: 5g, Fiber: 4g, Protein: 28g, Sodium: 1830mg, Fat: 25g, Saturated Fat: 8g  
 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
<b>30-40 min.</b>	<b>5 days</b>	<b>Easy</b>	<b>Mild</b>

## Before you cook

All cook times are approximate based on testing.

### Customize It Instructions

- If using **ground beef**, follow same instructions as Italian sausage in Steps 1, 2, and 3, baking uncovered in hot oven until beef reaches minimum internal temperature, 17-20 minutes.
- If using **ground turkey**, follow same instructions as Italian sausage in Steps 1, 2, and 3, baking uncovered in hot oven until turkey reaches minimum internal temperature, 17-20 minutes.
- If using **shrimp**, pat dry. Follow same instructions as Italian sausage in Steps 1, 2, and 3, baking uncovered in hot oven until shrimp reach minimum internal temperature, 15-20 minutes.



### 1. Prepare the Ingredients

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- Remove **Italian sausage** from casing, if necessary.
- Crumble sausage into smaller pieces and add to provided tray. Stir in **gnocchi** until combined.



### 2. Add the Sauce

- Bake uncovered in hot oven, 15 minutes.
- Carefully remove from oven.
- Layer **spinach**, **marinara**, then **pesto** in tray. *No need to stir; spinach will wilt as it bakes.*



### 3. Bake the Meal

- Bake again uncovered in hot oven until **spinach** is wilted and **sausage** reaches a minimum internal temperature of 160 degrees, 5-8 minutes.
- Carefully remove from oven and stir to combine. Bon appétit!