



In your box

- 4 oz. Grape Tomatoes
- 16 oz. Cooked Cavatappi Pasta
- 1 Poblano Pepper
- 1 oz. Light Cream Cheese
- 2 oz. Shredded Parmesan Cheese
- 2 tsp. Cajun Seasoning
- 16 oz. Italian Pork Sausage Links
- 4 fl. oz. Cream Sauce Base

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

You will need

- Olive Oil, Salt, Pepper
- Large Pot

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

4 Serving One Pot Family Meal



One-Pot Creamy Cajun-Style Sausage Pasta

with poblanos

NUTRITION per serving—Calories: 620, Carbohydrates: 44g, Sugar: 4g, Fiber: 3g, Protein: 32g, Sodium: 1620mg, Fat: 35g, Saturated Fat: 14g
 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
15-20 min.

Cook Within
5 days

Difficulty Level
Easy

Spice Level
Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **Parmesan**



1. Prepare the Ingredients

- Halve **tomatoes**.
- Stem **poblano pepper**, seed, and cut into ½" dice. *Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.*
- Remove **Italian sausage** from casing, if necessary.



2. Cook the Sausage

- Place a large pot over medium-high heat.
- Add 1 tsp. **olive oil** and **Italian sausage** to hot pot. Break into smaller pieces until no pink remains and sausage reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- Remove from burner. Transfer sausage to a plate. Reserve pot; no need to wipe clean.



3. Add the Vegetables and Sauce

- Return pot used to cook sausage to medium-high heat.
- Add 1 tsp. **olive oil**, **poblano**, and **tomatoes** to hot pot. Stir occasionally until tender, 3-4 minutes.
- Add **cream cheese**, **cream base**, half the **Parmesan** (reserve remaining for garnish), **seasoning blend** (to taste), ¼ tsp. **salt**, a pinch of **pepper**, and ½ cup **water**. Bring to a simmer.
- Once simmering, stir occasionally until cream cheese melts, 1-2 minutes.



4. Add the Pasta

- Add **pasta**, cooked **Italian sausage**, and a pinch of **salt** to hot pot.
- Stir occasionally until sauce thickens and pasta is heated through, 3-4 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **pasta** with remaining **Parmesan**. Bon appétit!