



In your box

- 3 oz. Peas
- 8 oz. Cooked Fettuccine
- 4 fl. oz. Cream Sauce Base
- 1 tsp. Italian Seasoning Blend
- 🌶️ ¼ tsp. Red Pepper Flakes
- ½ fl. oz. Garlic Oil
- 1 oz. Shredded Parmesan Cheese
- 5 oz. Crushed Tomatoes

Customize It Options

- 8 oz. Italian Pork Sausage Links
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Impossible Burger
- 10 oz. Ground Beef
- 16 oz. Double Portion Italian Pork Sausage Links

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
- Large Non-Stick Pan

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.

15 Minute Meal Kit



Fettuccine Arrabiata

with Italian Sausage

NUTRITION per serving—Calories: 785, Carbohydrates: 55g, Sugar: 8g, Fiber: 5g, Protein: 35g, Sodium: 1513mg, Fat: 47g, Saturated Fat: 18g
 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 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Mild

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: **red pepper flakes**

Customize It Instructions

- If using **16 oz. Italian sausage**, follow same instructions as 8 oz. Italian sausage, working in batches if necessary.
- If using **ground beef**, follow same instructions as Italian sausage in Step 1, breaking up beef until no pink remains and beef reaches minimum internal temperature, 4-6 minutes.
- If using **Impossible burger**, follow same instructions as Italian sausage in Step 1, breaking up burger until heated through, 4-6 minutes.
- If using **whole chicken breasts**, pat dry, and, on a separate cutting board, cut into 1" dice. Follow same instructions as Italian sausage in Step 1, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.



1. Cook the Italian Sausage

- Remove **Italian sausage** from casing, if necessary.
- Heat a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and Italian sausage to hot pan.
- Break into smaller pieces until no pink remains and sausage reaches a minimum internal temperature of 160 degrees, 4-6 minutes.



2. Make the Sauce

- Stir **seasoning blend** and a pinch of **red pepper flakes** (to taste; reserve remaining for garnish) into hot pan until combined.
- Add 5 oz. **tomatoes**, **garlic oil**, **cream base**, and ¼ cup **water**. Stir constantly until thoroughly combined, 2-3 minutes.



3. Add the Pasta

- Add **pasta** and **peas** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until pasta is heated through, 3-5 minutes.
- Remove from burner. *If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.*



4. Finish the Dish

- Plate dish as pictured on front of card, topping **pasta** with **cheese** and remaining **red pepper flakes** (to taste). Bon appétit!