



In your box

- 🌶️ ¼ tsp. Red Pepper Flakes
- 16 oz. Italian Pork Sausage Links
- 1 Yellow Onion
- 1 Roma Tomato
- 16 oz. Cooked Cavatappi Pasta
- 1 oz. Shredded Parmesan Cheese
- 10 fl. oz. Marinara Sauce

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 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.

4 Serving One Pot Family Meal



One-Pan Sausage and Tomato Cavatappi

with Parmesan

NUTRITION per serving—Calories: 550, Carbohydrates: 50g, Sugar: 7g, Fiber: 5g, Protein: 30g, Sodium: 1390mg, Fat: 26g, Saturated Fat: 9g
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

10-15 min.

Cook Within

5 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



1. Prepare the Ingredients

- Core **tomato** and cut into ½" dice.
- Halve and peel **onion**. Cut halves into ¼" dice.
- Remove **Italian sausage** from casing, if necessary.



2. Cook the Sausage

- Heat a large non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil**, **Italian sausage**, **onion**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan.
- Break into smaller pieces until no pink remains and sausage reaches a minimum internal temperature of 160 degrees, 4-6 minutes.



3. Add the Tomato and Pasta

- Add **tomato** and **pasta** to hot pan. Stir occasionally until tomato is softened, 2-3 minutes.



4. Add the Sauce

- Stir **marinara** into hot pan. Bring to a simmer.
- Once simmering, stir occasionally until warmed through, 1-2 minutes.
- Remove from burner.



5. Finish the Dish

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