



# One-Pan Spicy Cajun-Style Sausage Skillet

WITH GREEN ONIONS AND SOUR CREAM

4-Serving  
Family Meal



## Prep & Cook Time

30-40 MIN

## Cook Within

5 DAYS

## You Will Need

Olive Oil  
Large Non-Stick Pan

## Difficulty Level

EASY

## Spice Level

SPICY

## Ingredients

- 8 fl. oz. Tomato Sauce
- 3 oz. Sour Cream
- 4 Green Onions
- 2 tsp. Cajun Seasoning
- 4 tsp. Chicken Broth Concentrate
- 1 Poblano Pepper
- 2 Garlic Cloves
- 5.76 oz. Minute Rice
- 1 Red Bell Pepper
- 16 oz. Italian Pork Sausage Links

## 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.

View nutritional information at [www.homechef.com/22359](http://www.homechef.com/22359)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

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



## Before You Cook

All cook times are approximate based on testing.

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



### 1. Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Remove stem, seeds, and ribs, and cut **bell pepper** into ½" dice.
- Mince **garlic**.
- Halve **poblano pepper** lengthwise, 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.*



### 2. Cook the Sausage

- Remove **Italian sausage** from casing, if necessary.
- Place a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and 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.
- Transfer to a plate. Keep pan over medium-high heat.



### 3. Cook the Vegetables

- Add 1 tsp. **olive oil**, **bell pepper**, and **poblano** (to taste) to hot pan. Stir occasionally until tender, 3-5 minutes.
- Add **garlic** and **white portions of green onions** and cook until fragrant, 1-2 minutes.



### 4. Add the Rice

- Add **rice**, **tomato sauce**, **chicken base**, **Cajun seasoning** (to taste), **sausage**, and 1½ cups **water** to hot pan and bring to a simmer.
- Once simmering, cover and cook until liquid is absorbed and rice is tender, 8-10 minutes.
- Remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping with **green portions of green onions** and dollops of **sour cream**. Bon appétit!