



NUTRITION *per serving* 99g carbohydrates 71g fat 63g protein 3198mg sodium | soy-free, shellfish-free, nut-free



Calories
1187



Prep & Cook Time
50-60 min.



Cook Within
5 days



Difficulty
Expert



Spice Level
Mild



Italian Sausage Stromboli

with spinach-mozzarella filling and marinara dipping sauce

IN YOUR BOX

2 oz. Baby Spinach
4 Parsley Sprigs
2 Garlic Cloves
8 Pepperoncini
2 Italian Sausage Links
9 oz. Self Rising Flour
8 oz. Plain Greek Yogurt
8 fl. oz. Pizza Sauce
5 oz. Shredded Mozzarella
.9 oz. Butter

IN YOUR KITCHEN

Olive Oil
Salt
Baking Sheet
Medium Non-Stick Pan
Small Pan
Mixing Bowl

www.homechef.com/2827

BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **375 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil

WHILE YOU COOK

- ☐ **Spice Alert! Pepperoncini** are pickled peppers that pack a little punch. Wash hands after prepping and use to taste.
- ☐ **Dough** may be quite shaggy at first. Don't worry! Keep kneading and it will turn into a smooth elastic ball.
- ☐ **Heads Up! Sauce** is used three times. It layers bottom of **stromboli**, tops **filling**, and is used for dipping.

FROM THE CHEF

Dust your work surface, rolling pin, and hands with reserved **bench flour** to keep dough from sticking when being rolled out.

Did you know...

Stromboli is an Italian turnover with meat, vegetables, cheese, and sauce. Very similar to a calzone, a stromboli is distinguished by its shape. While a calzone is usually half-moon shaped (like a pizza folded in half), stromboli are rectangular and often rolled like a jelly roll.



Prepare the Ingredients

Coarsely chop **spinach**. Stem and coarsely chop **parsley**. Mince **garlic**. Slice **pepperoncini** into ¼” rounds. On a separate cutting board, remove **Italian sausage** from casing.



Brown Sausage and Make Dough

Heat a medium non-stick pan over medium heat. Add **Italian sausage** to hot pan and cook until meat is browned and no pink remains, 6–7 minutes. Set aside. Measure out ¼ cup **self-rising flour** and set aside. *This “bench flour” is used to prevent dough from sticking. Reserve for dusting work surface, hands, and rolling pin.* Stir together remaining **flour**, **Greek yogurt**, 1 Tbsp. **olive oil**, and ½ tsp. **salt** in a large mixing bowl.



Knead the Dough

Dust a clean work surface with reserved **bench flour**. Turn **dough** out of bowl onto dusted surface and knead, folding dough over on itself and pressing down with heel of your hand, 5 minutes. *Don't worry if dough is shaggy at first; keep kneading and it will turn into a smooth elastic ball.* Once dough is smooth, divide into two equal balls. Using a rolling pin or bottle, roll dough into two 6”x10” rectangles, dusting surface and dough with bench flour.



Begin Assembling the Stromboli

Transfer **rolled dough rectangles** to baking sheet. *We recommend rolling dough onto your rolling pin and unrolling onto baking sheet or gently folding dough, transferring, and unfolding.* Leaving 2” exposed on ends, add 2 Tbsp. **sauce** to each rectangle. Divide **sausage**, **spinach**, **mozzarella**, and **pepperoncini** (to taste) between each dough rectangle. Top each with another 2 Tbsp. sauce (reserve remaining for dipping).



Finish Assembling and Bake Stromboli

Cut slits on long edges of **dough** 1” apart and ½” deep to form strips. Fold top edge over **filling**. Then, starting at the top, fold each strip towards center to cover filling, alternating left and right (like a braid). Tuck ends up and under before last “braid.” Bake 15 minutes. Place a small pan over medium heat. Add **butter** and **garlic** and melt butter completely, 1–2 minutes. Remove stromboli from oven, brush with **garlic butter**, and bake until browned, 8–10 minutes. Rest at least 5 minutes before serving.



Plate the Dish

If desired, slice **stromboli** into 1” slices, or dig in with a knife and fork. Place any remaining **sauce** in a small dish for dipping. (We prefer it warmed, either in a small pan or 15 seconds in a microwave.) Garnish stromboli with **parsley**.