



In your box

- 5 oz. Asparagus
- 6 oz. Cremini Mushrooms
- 1 oz. Grated Parmesan
- 2 oz. Sour Cream
- 2 Italian Pork Sausage Links
- 6 oz. Cavatappi Pasta
- 3 Tbsp. Basil Pesto



Italian Sausage Pesto Cavatappi

with asparagus and mushrooms

NUTRITION per serving—Calories: 816, Carbohydrates: 75g, Fat: 42g, Protein: 40g, Sodium: 1621mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
20-30 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Not Spicy

You will need

Olive Oil, Salt, Pepper

Medium Pot, Colander, Large Non-Stick Pan

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **Parmesan**



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 7-9 minutes.
- Reserve $\frac{1}{3}$ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Trim woody ends off **asparagus** and cut into 1" lengths.
- Cut **mushrooms** into $\frac{1}{4}$ " slices.
- Remove **sausage** from casing.



3

Cook the Sausage

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **sausage** to hot pan and stir often, breaking up with a spoon, until no pink remains, 4-6 minutes.
- Remove from burner. Transfer sausage to a plate.
- Wipe pan clean and reserve.



4

Cook the Vegetables

- Return pan used to cook sausage to medium-high heat and add 1 tsp. **olive oil**.
- Add **mushrooms** to hot pan. Stir occasionally until browned, 3-5 minutes.
- Add **asparagus** and stir occasionally until slightly tender, but still crisp, 2-3 minutes.
- Season with a pinch of **salt** and **pepper**.



5

Finish the Dish

- Add **cooked pasta**, **sausage**, and **reserved pasta cooking water**. Stir until combined and warmed through.
- Remove from burner. Stir in **pesto**, **sour cream**, and **Parmesan** (reserve a pinch for garnish). Taste, and season with a pinch of **salt** if desired.
- Plate dish as pictured on front of card, garnishing with reserved Parmesan. Bon appétit!