



In your box

- 2 Italian Pork Sausage Links
- 4 fl. oz. Light Cream
- 2 tsp. Chicken Demi-Glace
- 8 oz. Brussels Sprouts
- 2 Garlic Cloves
- 2 fl. oz. White Cooking Wine
- 5 oz. Penne Pasta



Italian Sausage Pasta with Brussels Sprouts

with crispy garlic chips

NUTRITION per serving—Calories: 805, Carbohydrates: 72g, Fat: 44g, Protein: 32g, Sodium: 1535mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level 
Easy

Spice Level 
Not Spicy

You will need

Olive Oil, Salt

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



1

Cook the Garlic Chips

- Line a plate with a paper towel.
- Slice **garlic** very thinly. *Make sure to slice as thin and uniformly as possible.*
- Add 2 tsp. **olive oil** to a large non-stick pan and spread garlic slices in a single layer in pan. Place pan over medium heat. As soon as oil begins to bubble, turn heat to low. Cook until garlic slices slowly dry out and begin to brown, 10–15 minutes.
- Immediately remove browned slices to towel-lined plate and let cool. Reserve oil and pan.
- While garlic cooks, prepare ingredients and cook pasta.



2

Cook Pasta and Prepare Ingredients

- Once water is boiling, add **pasta** and cook until al dente, 10–12 minutes.
- Reserve $\frac{1}{4}$ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, trim stems off **Brussels sprouts** and thinly slice.
- On a separate cutting board, remove **Italian sausage** from casing.



3

Cook the Sausage

- Return pan used to crisp garlic to medium heat.
- Add **Italian sausage** to hot pan and cook, breaking into small pieces with a spoon, until no pink remains, 4–6 minutes.
- Remove from burner. Remove sausage to a plate.
- Reserve pan; no need to wipe clean.



4

Cook the Brussels Sprouts

- Return pan used to cook sausage to medium heat and add 2 tsp. **olive oil**.
- Add **Brussels sprouts** and a pinch of **salt** to hot pan. Stir occasionally until lightly browned and tender, 5–8 minutes.



5

Finish the Dish

- Add **sausage** and **white wine** and cook until almost evaporated, 30–60 seconds.
- Add **reserved pasta water**, **chicken demi-glace**, and **cream**. Bring to a simmer and cook until slightly thickened, 1–2 minutes.
- Remove from burner. Stir in **pasta**. Taste, and season with a pinch of **salt** and **pepper** if desired.
- Plate dish as pictured on front of card, garnishing pasta with **garlic chips**. Bon appétit!