



In your box

5 oz. Baby Spinach
1 tsp. Cajun Seasoning
1 oz. Grated Parmesan
¼ tsp. Red Pepper Flakes
4 fl. oz. Light Cream
5 oz. Angel Hair Pasta
1 Lemon

Customize It Options

8 oz. Italian Pork Sausage Links
14 oz. Diced Chicken Thighs
10 oz. Antibiotic-Free Ground Beef
10 oz. USDA Choice Sliced Flank Steak

You will need

Medium Pot, Wire-Mesh Strainer,
Large Non-Stick Pan



Italian Sausage Pasta

with Cajun spinach cream sauce

NUTRITION per serving—Calories: 728, Carbohydrates: 65g, Fat: 38g, Protein: 35g, Sodium: 1338mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time

10-15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Medium

👑 Before you cook

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

- ❑ If using fresh produce, thoroughly rinse and pat dry
- ❑ Bring 8 cups water to a boil in a medium pot

Customize It Instructions

- If using **flank steak**, separate into a single layer and pat dry. Season with ¼ tsp. salt and a pinch of pepper. Follow same instructions as sausage in Step 3.
- If using **chicken thighs**, pat dry. (Don't worry about trimming. Excess fat will render while cooking and add flavor.) Season with ¼ tsp. salt and a pinch of pepper. Follow same instruction as sausage in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **ground beef**, follow same instructions as sausage in Step 3, adding ¼ tsp. salt and a pinch of pepper, and stirring occasionally until no pink remains, 4-6 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 3-5 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta into a wire-mesh strainer and set aside.
- While pasta cooks, prepare ingredients.



Prepare the Ingredients

- Halve **lemon**. Juice one half and cut remaining half into wedges.
- On a separate cutting board, remove **Italian sausage** from casing.



Cook Sausage and Spinach

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **sausage** to hot pan and break into small pieces with a spoon until no pink remains, 4-6 minutes.
- Add **spinach** and stir occasionally until just wilted, 2-3 minutes.
- Transfer sausage and spinach to a bowl.
- Reserve pan; no need to wipe clean.



Make Sauce and Finish Dish

- Return pan used to cook sausage to medium heat. Add **cream**, **Parmesan**, and **seasoning blend** to hot pan and bring to a boil. Once boiling, stir constantly until thickened, 1-2 minutes.
- Stir in **pasta**, **sausage-spinach mixture**, half the reserved **pasta cooking water**, ¼ tsp. **salt**, and 1 Tbsp. **lemon juice** until pasta is coated. *If too dry, add remaining pasta cooking water, 1 Tbsp. at a time.*
- Plate dish as pictured on front of card, garnishing with **red pepper flakes** (to taste) and squeezing **lemon wedges** over dish (to taste). Bon appétit!