



In your box

6 oz. Cavatappi Pasta
½ oz. Walnut Halves
4 oz. Grape Tomatoes
2 oz. Baby Spinach
2 oz. Light Cream Cheese
.24 oz. Parmesan Cheese Crisps
3 Tbsp. Basil Pesto

Customize It Options

8 oz. Italian Pork Sausage Links
12 oz. Ground Turkey
16 oz. Italian Pork Sausage Links-
Double Portion
4 Beyond Sausage Links
4 oz. Bacon

*Contains: milk, wheat, tree nuts
(walnuts)

You will need

Olive Oil, Salt
Colander, Medium Pot, Large Non-
Stick Pan



Staff Pick

Creamy Sausage and Walnut Pesto Cavatappi

with grape tomatoes and baby spinach

NUTRITION per serving—Calories: 809, Carbohydrates: 77g, Fat: 44g, Protein: 37g, Sodium: 1535mg.

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

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

Prep & Cook Time

20-30 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 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** and 2 tsp. **salt** to a boil in a medium pot

Customize It Instructions

- If using **beyond sausage**, crumble sausage into bite-sized pieces. Follow same instructions as Italian sausage in Step 3, cooking sausage, stirring often and breaking up with a spoon, until warmed through, 6-8 minutes. *Vegetarian sausage will not brown.*
- If using **16 oz. Italian sausage**, follow same instructions, cooking in batches if necessary.
- If using **bacon**, line a plate with a paper towel. Follow same instructions as sausage in step 3, first adding bacon to hot, dry pan. Flip occasionally until crisp, 6-8 minutes. Transfer to towel-lined plate to remove excess oil. If desired, drain oil from pan before cooking sausage. Crumble over pasta.

Minimum Internal Temperature

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



1

Boil the Pasta

- Once **water** is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta into a colander and set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Halve **tomatoes**.
- Coarsely crush **Parmesan crisps**.
- Coarsely chop **walnuts**.
- Coarsely chop **spinach**.
- On a separate cutting board, remove **Italian sausage** from casing and break into bite-size pieces.



3

Cook the Sausage

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **sausage** to hot pan and stir occasionally until no pink remains, 4-6 minutes.



4

Make the Sauce

- Stir half the reserved **pasta cooking water**, **cream cheese**, and **pesto**, into pan until combined.
- Add **tomatoes**, **pasta**, **spinach**, and ¼ tsp. **salt**. Bring to a simmer.
- Once simmering, stir occasionally until sauce thickens and coats pasta, 2-3 minutes.
- *If too thick, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **pasta** with **walnuts** and **Parmesan crisps**. Bon appétit!