



In your box

- 1 oz. Balsamic Glaze
- 4 oz. Shredded Mozzarella
- 15 fl. oz. Marinara Sauce
- 2 Romaine Hearts
- 1 oz. Grated Parmesan
- 10 oz. Fajita Mix
- 2 oz. Red Cooking Wine
- 5 oz. Spinach
- 10 oz. Lasagna Noodles

Customize It Options

- 16 oz. Italian Pork Sausage Links
- 24 oz. Ground Turkey
- 20 oz. Antibiotic-Free Ground Beef

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Cooking Spray
- Colander, Baking Sheet, Mixing Bowl, Large Pot, Large Non-Stick Pan, Large Oven-Safe Casserole Dish



6 Portion Meal

Italian Sausage Weeknight Lasagna

with balsamic glazed romaine salad

NUTRITION per serving—Calories: 541, Carbohydrates: 53g, Fat: 23g, Protein: 26g, Sodium: 1235mg.

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

40-50 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
- Preheat the broiler
- Bring 10 cups **water** and 2 tsp. **salt** to a boil in a large pot
- Prepare a baking sheet with foil
- Prepare a casserole dish with cooking spray
- Ingredient(s) used more than once: **Parmesan**

Customize It Instructions

- If using **ground beef** follow same instruction as Italian sausage in Step 3, adding ¼ tsp. salt and breaking up meat until no pink remains, 4-6 minutes.
- If using **ground turkey** follow same instruction as Italian sausage in Step 3, adding ¼ tsp. salt and breaking up meat until no pink remains, 7-9 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Break **noodles** into large chunks.
- Coarsely chop **spinach**.
- Hold **romaine heart** at root end and chop coarsely.
- On a separate cutting board, remove **Italian sausage** from casing.



2

Cook the Noodles

- Once water is boiling, add **noodles** to pot and cook until al dente, 7-9 minutes.
- Drain noodles in a colander and set aside. Reserve pot; no need to wipe clean.
- While noodles boil, cook sausage.



3

Cook the Sausage

- Place a large non-stick pan over medium heat.
- Add 1 tsp. **olive oil** and **Italian sausage** to hot pan. Stir often, breaking up with a spoon, until no pink remains, 7-9 minutes.
- Remove from burner and transfer sausage to a plate.



4

Make Sauce and Broil Lasagna

- Return pot used to cook pasta to medium heat and add 1 tsp. **olive oil**. Add **spinach** to hot pot and stir constantly until spinach is wilted, 30-60 seconds.
- Add **red cooking wine** and cook until liquid is reduced by half, 1-2 minutes.
- Remove from burner. Stir in **marinara**, **noodles**, **sausage**, and ¼ tsp. **salt**. Transfer mixture to prepared casserole dish and place on prepared baking sheet to catch any drips. Top with **mozzarella** and half the **Parmesan** (reserve remaining for salad).
- Broil in hot oven until cheese is melted, 2-3 minutes.



5

Make Salad and Finish Dish

- In a large mixing bowl, whisk or vigorously stir together **balsamic glaze**, 1 Tbsp. **olive oil**, 2 tsp. **water**, and a pinch of **salt**.
- Add **romaine lettuce**, **fajita mix**, and remaining **Parmesan** and gently stir to combine.
- Plate dish as pictured on front of card. Bon appétit!