



In your box

¼ tsp. Red Pepper Flakes
2 oz. Light Cream Cheese
2 oz. White Cooking Wine
2 Garlic Cloves
6 oz. Broccoli Florets
5 oz. Rigatoni
1 oz. Pecorino Cheese

Customize It Options

8 oz. Italian Pork Sausage Links
10 oz. Antibiotic-Free Ground Beef
12 oz. Ground Turkey
16 oz. Italian Pork Sausage Links—
Double Portion

*Contains: milk, wheat

You will need

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



Italian Sausage and Broccoli Pasta

with pecorino

NUTRITION per serving—Calories: 800, Carbohydrates: 69g, Fat: 43g, Protein: 33g, Sodium: 1461mg.

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

25-35 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild

👑 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 a medium pot of **water** to a boil
- Ingredient(s) used more than once: **pecorino**

Customize It Instructions

- If using **ground beef** or **double Italian sausage**, follow same instructions, working in batches if necessary.
- If using **ground turkey**, follow same instructions as Italian sausage in Step 4, cooking until no pink remains, 7-9 minutes.

Minimum Internal Temperature

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



1

Cook the Pasta

- Once water is boiling, add **pasta** and stir constantly, 30 seconds.
- Then cook until al dente, 11-13 minutes.
- Reserve $\frac{3}{4}$ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Mince **garlic**.
- Remove **sausage** from casing.



3

Cook the Broccoli

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **broccoli** and a pinch of **pepper** to hot pan. Stir occasionally until tender but still crisp, 4-6 minutes.
- Transfer to a plate. Keep pan over medium-high heat.



4

Cook the Sausage

- Add 2 tsp. **olive oil** and **sausage** to hot pan and cook, breaking up with a spoon, until no pink remains, 4-6 minutes.
- Add **garlic** and stir constantly until aromatic, 30-60 seconds.
- Add **white wine** and stir occasionally until liquid has mostly evaporated, 1-2 minutes.



5

Make Sauce and Finish Dish

- Add **pasta cooking water** and **cream cheese** to pan. Stir constantly until cream cheese is incorporated, 2-3 minutes.
- Stir in **broccoli**, **pasta**, **pecorino** (reserve a pinch for garnish), **red pepper flakes** (to taste), and a pinch of **salt** and **pepper**.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing with remaining pecorino. Bon appétit!