



**GREEN
CHEF**

BAKED PENNE WITH SAUSAGE

mozzarella, Parmesan, mushrooms, peas, roasted red peppers

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

920

Tonight's comforting Italian-style pasta bake is ready in just 25 minutes, making it perfect for busy nights—or any night, really. Just boil up the pasta (we've already made the sauce), sauté the sausage and veggies (think cremini mushrooms, peas, and roasted red peppers), sprinkle it all with mozzarella and Parmesan, then broil it to a melty finish.

INGREDIENTS (9 ITEMS)

6 oz **Penne pasta** W
 4 oz **Cremini mushrooms**
 3 whole **Italian pork sausages***
 2½ oz **Peas**
 1 oz **Roasted red peppers**
 7¼ oz **Tomato & roasted red pepper sauce**
 2 oz **Mozzarella cheese** M
 1 oz **Parmesan cheese** M
 ½ tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

medium pot
 large oven-safe sauté pan
 measuring cup & spoons
 strainer
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

W WHEAT
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Sausage is fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK PASTA

- Set oven to broil.
- Bring a medium pot of lightly salted water to a boil. Once boiling, stir in **penne pasta**. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Reserve about ¼ cup **pasta cooking water**. Strain **penne**. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.

3 COOK SAUSAGE

- Remove **Italian pork sausages** from casings.
- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **sausages** to hot pan. Cook 2-4 minutes, or until beginning to brown, breaking up **sausage** into pieces.

4 ADD VEGGIES

- Add **mushrooms** to pan. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **peas** and **roasted red peppers**. Cook 2-3 minutes, or until sausage is fully cooked and roasted red peppers are warmed through, stirring occasionally.

5 ADD PASTA, SAUCE & CHEESE

- Transfer **penne** to pan. Add **tomato and roasted red pepper sauce** and reserved **pasta cooking water**. Stir to combine. Season with about ¼ teaspoon salt and a pinch of pepper.* Cook 1-2 minutes, or until sauce is warmed through, stirring occasionally.
- Remove from heat. Sprinkle with **mozzarella cheese** and **Parmesan cheese**.

**Taste the pasta after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

6 BROIL PASTA

- Transfer pan to oven. Broil 2-3 minutes, or until cheese melts.*

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

7 PLATE YOUR DISH

- Divide **baked penne with sausage** between bowls. Garnish with **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (487g)

Amount per serving

Calories **920**

	% Daily Value*
Total Fat 36g	46%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1900mg	83%
Total Carbohydrate 92g	33%
Dietary Fiber 8g	29%
Total Sugars 14g	
Includes 2g Added Sugars	4%
Protein 59g	
Vitamin D 0mcg	0%
Calcium 441mg	35%
Iron 8mg	45%
Potassium 894mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Italian Pork Sausages [pork, water, spices, salt, garlic, vinegar], **Tomato & Roasted Red Pepper Sauce** (Garlic, Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Sea Salt, Black Pepper, Agave [organic agave syrup], Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Coriander, Ground Fennel, Ascorbic Acid [ascorbic acid]), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Penne Pasta** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Cremini Mushrooms**, **Roasted Red Peppers** [bell pepper], **Peas** [peas], **Crushed Red Pepper Flakes**

Allergen information:

Contains Wheat And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

