



**GREEN
CHEF**

ITALIAN PORK SAUSAGE SKILLET

broccoli, roasted red peppers, ricotta, mozzarella

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

630

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

You're just 30 minutes and one pan away from an ultra-satisfying dinner with layers of flavor. How, you ask? Well, every element is effortlessly infused with savory Italian ingredients. Italian herbs add oomph to sautéed broccoli and onion, which are then mixed with crumbled Italian pork sausage and roasted red peppers. Next, you'll stir in a balsamic-spiked tomato and pepper sauce and creamy ricotta. For a finishing touch, the hearty mixture is blanketed with mozzarella and broiled until golden and bubbly.



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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

INGREDIENTS (8 ITEMS)

1 whole	Yellow onion
6 oz	Broccoli
3 whole	Italian pork sausages*
1 tsp	Italian seasoning
2¼ oz	Roasted red peppers
3½ oz	Balsamic roasted red pepper sauce with olive oil
4 oz	Ricotta cheese <small>M</small>
2 oz	Mozzarella cheese <small>M</small>

WHAT YOU'LL NEED

large oven-safe sauté pan
measuring cup & spoons
oven mitt
cooking oil
salt & pepper

ALLERGENS

M MILK

*Sausage is fully cooked when it's no longer pink.

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

PREP

- Set oven to high broil with rack at the top.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.

COOKING FOR
4

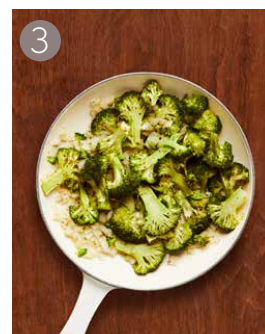
If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2

START SKILLET

- Remove **Italian pork sausages** from casings.
- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **sausage** to hot pan. Cook 3-4 minutes, or until lightly browned, breaking up **sausage** into pieces.
- Transfer **sausage** to a plate.



3

COOK VEGGIES

- Heat about 1 teaspoon cooking oil in pan used for sausage over medium-high heat. Add **onion** to hot pan. Cook 2-3 minutes, or until tender, stirring occasionally.
- Add **broccoli** to pan. Season with **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until broccoli is tender, stirring occasionally.



4

FINISH SKILLET

- Add **sausage** and **roasted red peppers** to pan. Stir to combine. Reduce heat to medium.
- Add **balsamic roasted red pepper sauce with olive oil, ricotta cheese**, and ¼ cup water. Cook 1-2 minutes, or until fully incorporated, stirring occasionally.



5

BROIL CHEESE

- Remove pan from heat. Top evenly with **mozzarella cheese**.
- Transfer pan to oven and broil 1-2 minutes, or until cheese is golden brown and bubbly.*

**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.*



6

PLATE YOUR DISH

- Divide **Italian pork sausage skillet** between plates. Enjoy!

Nutrition Facts

2 Servings per container

Serving size (486g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 1490mg	65%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 50g	
Vitamin D 0mcg	0%
Calcium 450mg	35%
Iron 6mg	35%
Potassium 618mg	15%

* 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], **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt], **Broccoli**, **Yellow Onion**, **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Roasted Red Peppers** [bell pepper], **Balsamic Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Sea Salt, Water, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains 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.