



**GREEN
CHEF**

ITALIAN PORK SAUSAGE PUTTANESCA

spaghetti, olives, capers, Parmesan cheese, roasted broccoli

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

930

Puttanesca, a piquant Neapolitan pasta sauce, typically starts with a vibrant tomato base. In tonight's spin, our chefs have made the bold dish even bolder by topping it with seared and roasted Italian pork sausages. Olives, capers, garlic, and a balsamic roasted red pepper sauce are simmered in the pan used to sear the sausages for a rich puttanesca. That's all tossed with al dente spaghetti, topped with sausages and roasted broccoli, and garnished with Parmesan cheese and a dash of red pepper flakes. The result is savory, tangy, and briny—basically, one of those dishes that makes it impossible to put down your fork.

INGREDIENTS (9 ITEMS)

6 oz **Spaghetti** W
 6 oz **Broccoli**
 ½ oz **Kalamata olives**
 ½ oz **Capers**
 ¼ oz **Garlic**
 ½ tsp **Crushed red pepper flakes**
 3 whole **Italian pork sausages***
 6¼ oz **Balsamic roasted red pepper sauce with olive oil**
 1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

large pot
 large sauté pan
 baking sheet
 medium bowl
 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.

*Sausages are 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

- Preheat oven to 425 degrees.
- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **spaghetti**. Cook 9-12 minutes, or until al dente, stirring occasionally.
- Reserve about ½ cup **pasta cooking water**. Strain **spaghetti**; shake off excess water. Return to pot. Drizzle with 1 teaspoon 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

- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Roughly chop **Kalamata olives** and **capers** together.
- Mince **garlic**.

3 SEASON & ROAST BROCCOLI

- Place **broccoli** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half the **crushed red pepper flakes***, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **broccoli** out in a single layer on one side of a lightly oiled, foil-lined baking sheet. Roast 8 minutes. (You'll finish the broccoli in the next step.)

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

4 SEAR & ROAST SAUSAGES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **Italian pork sausages** to hot pan. Sear about 2 minutes on each side. (Reserve pan.)
- Once broccoli has roasted 8 minutes, remove baking sheet from oven. Flip **broccoli**.
- Carefully add **sausages** to empty side of baking sheet. (**Careful! Baking sheet is hot!**) Roast 4-6 minutes, or until sausages are fully cooked and broccoli is fork-tender.

5 MAKE SAUCE

- Heat about 1 teaspoon olive oil in pan used for sausages over medium heat. Add **olives and capers** to pan. Cook 1-2 minutes, or until warmed through.
- Add **garlic**. Cook 1-2 minutes, or until fragrant, stirring occasionally.
- Add **balsamic roasted red pepper sauce with olive oil** and reserved **pasta cooking water**. Stir to combine. Cook 2-3 minutes, or until sauce has slightly reduced, stirring occasionally.*
- Remove from heat.

**Be sure to scrape up any browned bits on the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will give additional richness to your sauce.*

6 FINISH PASTA

- Transfer **spaghetti** to pan with **sauce**. Stir to combine. Season with salt and pepper to taste.*

**The olives and capers in the sauce already contain salt; season accordingly.*

7 PLATE YOUR DISH

- Slice **sausages** at an angle into 5-7 slices each.
- Divide **puttanesca pasta** between bowls. Top with **sausage** and **roasted broccoli**. Sprinkle with **Parmesan cheese** and remaining **crushed red pepper flakes** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (445g)

Amount per serving

Calories **930**

	% Daily Value*
Total Fat 46g	59%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 1710mg	74%
Total Carbohydrate 75g	27%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 51g	
Vitamin D 0mcg	0%
Calcium 267mg	20%
Iron 7mg	40%
Potassium 675mg	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:

Spaghetti [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid.], **Italian Pork Sausages** [pork, water, spices, salt, garlic, vinegar], **Garlic**, **Capers** [capers, water, vinegar, salt], **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Broccoli**, **Crushed Red Pepper Flakes**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **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, caramel color], 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 And Wheat

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.