



CHICKEN SAUSAGE & BELL PEPPER CAVATAPPI

with Parmesan

WHAT WE SEND (2 servings | 4 servings)

❄️ Keep refrigerated

Chicken Sausage is fully cooked when internal temperature reaches 165 degrees.



Green Bell Pepper*
(1 | 2)



Garlic
(3 Cloves | 6 Cloves)



Cavatappi Pasta
(1 | 2)
Contains wheat



Chicken Sausage Mix*
(1 | 2)



Tuscan Heat Spice
(1 | 2)



Cream Cheese*
(1 | 2)
Contains milk



Shredded Parmesan*
(1 | 2)
Contains milk

WHAT YOU'LL NEED

Vegetable Oil
(2 tsp | 4 tsp)

Butter
(2 TBSP | 4 TBSP)
Contains milk

Flour
(1 TBSP | 2 TBSP)
Contains wheat

CHEF'S TIP

You may notice that we pretty much always ask you to reserve a scoop of pasta water before draining. It's a good habit to get into! Wondering what makes this cloudy water so darn special? It's salty and starchy, and those magical starches help emulsify your sauce (aka turn it silky smooth). Basically, it makes good pasta great.



1. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Core, deseed, and dice **bell pepper** into 1-inch pieces. Peel and finely chop **garlic**.



2. Heat a **drizzle of oil** in a large pan over medium-high heat. Add **bell pepper** and season with **salt** and **pepper**. Cook, stirring occasionally, until browned and softened, 5-7 minutes. Transfer to a medium bowl.



3. Once water is boiling, add **pasta** to pot. Cook until al dente, 9-11 minutes. Reserve **2 cups pasta cooking water**, then drain.



4. Heat a **drizzle of oil** in pan used for bell pepper over medium-high heat. Add **sausage** and cook, breaking up meat into pieces, until browned and cooked through, 5-6 minutes. Turn off heat; transfer to bowl with **bell pepper**. Wipe out pan.



5. Melt **2 TBSP butter** (**4 TBSP for 4 servings**) in same pan over medium heat. Add **garlic**, **1 TBSP flour** (**2 TBSP for 4**), and **2 tsp Tuscan Heat Spice** (**4 tsp for 4; be sure to measure**). Cook, whisking constantly, until fragrant and lightly browned, 1 minute. Slowly whisk in **1 cup reserved pasta cooking water** (**1 ½ cups for 4**). Bring to a simmer and cook until slightly thickened, 2-3 minutes. Remove from heat. Whisk in **cream cheese** and **half the Parmesan** until melted. Season with **salt** and **pepper**.



6. Stir **pasta**, **sausage**, and **bell pepper** into pan. Stir in splashes of **remaining reserved pasta cooking water** as necessary until everything is coated in a creamy sauce. Divide between bowls and top with **remaining Parmesan**.

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