

Italian Sausages & Peppers

with Fregola Sarda Pasta & Garlic-Parmesan Broccoli

TIME: 25-35 minutes

SERVINGS: 2

Sausage and peppers are a much-loved duo in Italian-American cuisine, with good reason: the sweetness of the sautéed peppers perfectly complements the richness of the sausage. We're simmering our beef sausage with bell pepper (your colorful pepper may be green or purple, or even show some streaks of red!) and sweet peppers in a simple tomato sauce. A bed of pearl-shaped pasta soaks up some of the sauce's delicious flavors.



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Bold & Spicy

Serve a bottle with this symbol for a great pairing.



Ingredients



2
ITALIAN BEEF
SAUSAGES*



2/3 cup
FREGOLA SARDA
PASTA



6 oz
SWEET PEPPERS



1 clove
GARLIC



1
BELL PEPPER



1
RED ONION



1/2 lb
BROCCOLI

KNICK KNACKS:



2 Tbsps
TOMATO PASTE



1/3 cup
GRATED
PARMESAN
CHEESE



1 Tbsp
WHITE WINE
VINEGAR



1/4 tsp
CRUSHED RED
PEPPER FLAKES

* made with natural pork casings



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1 Prepare the ingredients:

- ☐ Heat a medium saucepan of salted water to boiling on high. Heat a separate, small pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bell pepper stem. Halve the pepper lengthwise, then remove and discard the ribs and seeds. Thinly slice the pepper lengthwise.
- ☐ Cut off and discard the sweet pepper stems. Quarter the peppers lengthwise, then remove and discard the ribs and seeds.
- ☐ Peel and thinly slice the onion.
- ☐ Cut off and discard the bottom 1/2 inch of the broccoli stem. Cut the broccoli into bite-sized florets.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Cut the sausages into 1/2-inch-thick rounds.



2 Cook the pasta:

- ☐ Add the **pasta** to the small pot of boiling water and cook 14 to 16 minutes, or until al dente (still slightly firm to the bite).
- ☐ Turn off the heat. Drain thoroughly and return to the pot. Drizzle with olive oil and season with salt and pepper; stir to combine. Season with salt and pepper to taste.

3 Cook the sausages & vegetables:

- ☐ While the pasta cooks, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the **sausages** in a single layer and cook, without stirring, 2 to 3 minutes, or until browned.
- ☐ Add the **bell pepper, sweet peppers, and onion**; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until slightly softened.
- ☐ Add the **tomato paste** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until dark red and fragrant.
- ☐ Add **1/2 cup of water** (be careful, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly thickened and saucy.
- ☐ Turn off the heat and season with salt and pepper to taste.



4 Cook the broccoli:

- ☐ While the sausages and vegetables cook, add the **broccoli** to the saucepan of boiling water. Cook 3 to 4 minutes, or until bright green and slightly softened.
- ☐ Turn off the heat. Drain thoroughly and rinse under cold water to stop the cooking process. Pat dry with paper towels, then return to the saucepan.



5 Dress the broccoli & plate your dish:

- ☐ While the sausages and vegetables continue to cook, to the saucepan of **cooked broccoli**, add the **vinegar, half the cheese**, a drizzle of olive oil, and **as much of the garlic paste as you'd like**. Toss to combine; season with salt and pepper to taste.
- ☐ Transfer to a serving dish. Garnish with the **remaining cheese**. Divide the **cooked pasta** between 2 dishes. Top with the **cooked sausages and peppers**. Serve with the dressed broccoli on the side. Enjoy!