



Hot Italian Pork Sausage &  
Pasta Bake



Fontina-Baked  
Chicken &  
Pesto Pasta



## MEAL PREP Family Bundle

### Pork Sausage & Chicken

4 servings of each:

**Hot Italian Pork Sausage &  
Pasta Bake**  
with Spinach & Zucchini

**Fontina-Baked Chicken &  
Pesto Pasta**  
with Capers & Almonds

### Let's get cooking

**ONE PREP. TWO MEALS READY FOR THOSE BUSY NIGHTS.** Here's your easy step-by-step guide for making mealtime magic—from Prep Day to putting on the finishing touches when you're ready to serve and eat.



15 min

UNBOX + PLAN



60 min

PREP + COOK



5 min

FINISH + SERVE



These recipes  
were designed to  
reheat. See the  
Stop + Store section  
on the last page  
for more info.


Wine pairings available from [blueapron.com/wine](https://blueapron.com/wine)



Serve the sausage dish with Blue Apron wine that has this symbol based on its flavor profile.



Serve the chicken dish with Blue Apron wine that has this symbol based on its flavor profile.

 **TOOLS YOU'LL NEED**  
Knife, Cutting Board, Mixing Bowls, Wooden Spoon, Strainer, 1 Sheet Pan, 1 Large Pot, 1 Large Pan, 1 Baking Dish

## Shared Cooking Ingredients

For Both Recipes



1 ½ lbs  
Elicoidali Pasta



2  
Bell Peppers



4 cloves  
Garlic



2  
Yellow Onions



2  
Zucchini



½ lb  
Mushrooms



5 oz  
Baby Spinach



¼ tsp  
Crushed Red  
Pepper Flakes

## Hot Italian Pork Sausage & Pasta Bake



20 oz  
Hot Italian Pork  
Sausage



1 14-oz can  
Whole Peeled  
Tomatoes



¼ cup  
Grated Parmesan  
Cheese



½ lb  
Fresh Mozzarella  
Cheese



¼ cup  
Cream

## Fontina-Baked Chicken & Pesto Pasta



4  
Boneless,  
Skinless Chicken  
Breasts



4 oz  
Fontina Cheese



¼ cup  
Mascarpone  
Cheese



¼ cup  
Grated Romano  
Cheese



2 Tbsps  
Capers



2 Tbsps  
Dried Currants



⅓ cup  
Basil Pesto



¼ cup  
Sliced Roasted  
Almonds



1 Tbsp  
Italian  
Seasoning<sup>1</sup>

1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

**1 Prepare the ingredients**

- Place an oven rack in the center of the oven; preheat the oven to 450°F.
- Fill a large pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Grate the **fontina** on the large side of a box grater.
- Cut the **mushrooms** into bite-sized pieces.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Halve, peel, and medium dice the **onions**.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Peel and roughly chop **4 cloves of garlic**.
- Place the **tomatoes** in a bowl; gently break apart with your hands.

**2 Bake the chicken**

- Line a sheet pan with foil.
- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **Italian seasoning**. Transfer to the sheet pan.
- Bake 18 minutes. Leaving the oven on, carefully remove from the oven.
- Evenly top the chicken with the **grated fontina**.
- Return to the oven and bake 2 to 3 minutes, or until the cheese has melted and the chicken is cooked through.\*
- Remove from the oven.

**3 Cook the pasta**

- Meanwhile, add the **pasta** to the pot of boiling water and cook 10 to 12 minutes, or until al dente (slightly firm to the bite). Turn off the heat.
- Drain thoroughly and return to the pot; drizzle with **olive oil** and stir to coat.

**4 Cook the vegetables**

- Meanwhile, in a large, high-sided pan (or pot), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** and **sliced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **diced peppers**, **half the diced onions**, **half the chopped garlic**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dishes to be; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the vegetables are browned and softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Turn off the heat.
- Transfer to the pot of **cooked pasta**; stir to combine.
- Rinse and wipe out the pan.

**5 Make the ragù**

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sausage**. Cook, stirring occasionally and breaking the meat apart with a spoon, 2 to 3 minutes, or until lightly browned.
- Add the **remaining diced onion** and **remaining chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until the onions are softened and the sausage is browned.
- Add the **crushed tomatoes**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly thickened and the sausage is cooked through.
- Add the **cream**. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat.



\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.



## Hot Italian Pork Sausage & Pasta Bake

### Assemble the sausage bake

- Transfer **half the cooked pasta and vegetables** to a baking dish. Add the **ragù**; gently stir to combine. Taste, then season with salt and pepper if desired.



### STOP + STORE

If you're planning to enjoy this meal at a later time, stop here and place the prepared food in airtight containers (or tightly cover with plastic wrap). Store in the refrigerator. Use the reheating instructions below to finish.

### Finish & serve the sausage bake

- Evenly top the bake with the **mozzarella** (tearing just before adding). Drizzle with **olive oil** and season with salt and pepper.
- Bake 3 to 5 minutes, or until the cheese is lightly browned and melted. Remove from the oven and let stand at least 2 minutes before serving.
- Serve the **finished bake** garnished with the **parmesan**. Enjoy!



### REHEATING INSTRUCTIONS

If you saved the sausage bake for later, preheat the oven to 450°F. Finish and serve as directed, but bake 24 to 26 minutes.

## Fontina-Baked Chicken & Pesto Pasta

### Finish the pasta

- To the pot of **remaining cooked pasta and vegetables**, add the **pesto**, **mascarpone**, **capers**, **currants**, and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.



### STOP + STORE

If you're planning to enjoy this meal at a later time, stop here and place the prepared food in airtight containers (or tightly cover with plastic wrap). Store in the refrigerator. Use the reheating instructions below to finish.

### Serve the chicken & pasta

- Serve the **baked chicken** with the **finished pasta**. Garnish with the **romano** and **almonds**. Enjoy!



### REHEATING INSTRUCTIONS

If you saved the chicken and pasta for later, heat the **finished pasta** and **baked chicken** in the microwave 2 to 3 minutes, or until heated through. Serve the chicken and pasta as directed.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.  
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