



## Chicken Sausage & Peppers

with Cheesy Pull-Apart Ciabatta



30-40min



2 Servings

We took an Italian-American classic—sausage and peppers—and made it a little bit leaner by subbing in chicken sausage instead of the typical pork Italian sausage. The sausage links are roasted along with the peppers and onions and served alongside crusty ciabatta that has been topped with melted Parmesan cheese. A drizzle of homemade parsley oil takes it to the next level. Cook, relax, and enjoy!



## What we send

- fresh parsley
- red bell pepper
- yellow onion
- plum tomatoes
- garlic
- 3,7
- 1 ciabatta roll <sup>1,6</sup>
- ¾ oz Parmesan <sup>7</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- medium ovenproof skillet
- rimmed baking sheet

## Allergens

Wheat (1), Egg (3), Soy (6), Milk (7).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 920kcal, Fat 65g, Carbs 48g,  
Protein 39g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve **pepper**, remove stem and seeds, and cut into ½-inch strips. Peel **onion**, then halve and slice ½-inch thick (about 1½ cups). Cut **tomato** lengthwise into ½-inch wedges. Pat **sausages** dry and rub with **1 teaspoon oil**.



### 4. Roast sausages

Remove skillet from heat, then stir in **2 tablespoons water**. Season to taste with **salt** and **pepper**. Place sausages on top of vegetables and roast on the upper oven rack until sausages are browned and heated through, and vegetables are tender, 15-20 minutes.



### 2. Make parsley oil

Peel **2 large garlic cloves**, roughly chop **1 teaspoon** and thinly slice the rest. Roughly chop **parsley leaves and stems** together. In a small bowl stir together **¼ cup oil**, and **chopped garlic and parsley**. Season to taste with **salt** and **pepper**.



### 5. Prep bread

Meanwhile, finely grate **Parmesan**. Using a serrated knife, make a cross hatch pattern in the **ciabatta roll**, stopping about ¾-way down. Place roll on a baking sheet; spoon **1 tablespoon parsley oil** into the crevices of the roll. Stuff with **half the Parmesan**. Sprinkle top with remaining Parmesan, then lightly drizzle with more parsley oil (save rest for step 6).



### 3. Cook vegetables

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **peppers** and **onions** and **a pinch each salt and pepper**. Cook, stirring occasionally, until peppers and onions are softened and browned in spots, 5-7 minutes. Stir in **sliced garlic** and **tomatoes**, and continue to cook until tomatoes are softened, about 3 minutes.



### 6. Bake bread & serve

Bake **ciabatta** alongside **sausages** until ciabatta is golden brown and cheese is melted throughout, about 7 minutes. Serve ciabatta alongside **sausage** and **vegetables**, with **remaining parsley oil** spooned over top of sausages. Enjoy!