



Creamy Sausage & Kale Gluten Free-Fettuccine

with Garlic-Rosemary Oil



30-40min



2 Servings

Break out the red-checkered tablecloth; we're transforming your dining room into an Italian restaurant. This hearty pasta dish is comforting and delicious, thanks to creamy pre-made Alfredo sauce, sweet Italian sausage, and kale tossed with al dente gluten-free pasta. It's topped with nutty Parmesan and a drizzle of garlicky rosemary oil. Mangia!

What we send

- garlic
- 1 bunch curly kale
- ¼ oz fresh rosemary
- ¾ oz Parmesan ⁷
- 9 oz gluten free fettuccine ³
- 1 pkt crushed red pepper
- ½ lb pkg uncased sweet Italian pork sausage
- 10 oz Alfredo sauce ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large pot
- microplane or grater
- large skillet

Allergens

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

Nutrition per serving

Calories 1130kcal, Fat 61g, Carbs 86g, Protein 49g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Finely chop **2 teaspoons garlic**. Strip **kale leaves** from **stems**; discard stems. Tear or chop leaves into bite-sized pieces. Pick and finely chop **rosemary leaves**; discard stems. Finely grate **Parmesan**.



4. Cook sausage

Heat **1 tablespoon oil** in same skillet over medium-high. Add **sausage** and cook, breaking into large pieces, until browned and cooked through, 5-7 minutes. Working in batches if necessary, stir in **kale** until wilted and charred around the edges, 2-3 minutes.



2. FETTUCCINE VARIATION

Add **pasta** to boiling water and cook, according to package instructions, stirring to prevent sticking.

Drain pasta well, return to pot, and toss with **1 teaspoon oil**. Cover to keep warm.



5. Heat Alfredo sauce

To skillet with **sausage and kale**, add **remaining garlic** and **2 teaspoons rosemary leaves**; cook, stirring, until fragrant, about 1 minute. Stir in **Alfredo sauce** and bring to a simmer.



3. Make seasoned oil

While **pasta** boils, in a large skillet, combine **2 tablespoons oil**, **1 tablespoon of the rosemary leaves**, **1 teaspoon of the garlic**, and **a pinch of crushed red pepper flakes**. Warm over medium-low heat until fragrant, 2-3 minutes. Transfer to a small heatproof bowl.



6. Finish & serve

Add **pasta** to skillet with **kale and sausage Alfredo** and stir to coat in **sauce**. Sprinkle with **Parmesan** and drizzle **rosemary-chili oil** over **pasta** just before serving. Enjoy!