



Low-Cal Braised Chicken Sausage Ragu

with Zucchini Pappardelle



30-40min



2 Servings

Who needs noodles when you can have zoodles? We swap traditional pasta with thinly shaved zucchini ribbons to make this hearty chicken sausage ragu deliciously low carb.

What we send

- 1 yellow onion
- garlic
- 1 pkt crushed red pepper
- 6 oz tomato paste
- 8 oz tomato sauce
- 1 pkt chicken broth concentrate
- 2 zucchini
- ¾ oz Parmesan ⁷
- ¼ oz fresh parsley
- ½ lb uncased Italian chicken sausage

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot
- microplane or grater

Allergens

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

Nutrition per serving

Calories 540kcal, Fat 28g, Carbs 36g, Protein 36g



1. Start ragu

Finely chop **onion**. Finely chop **2 teaspoons garlic**. Pat **turkey** dry; season with **salt** and **pepper**.

In a medium pot, heat **2 tablespoons oil** over medium. Add **onion** and **a pinch of salt**. Cook, stirring, until softened but not yet browned, 4-5 minutes. Add **chicken sausage** and cook, breaking up into smaller pieces, until lightly browned and cooked through, 4-5 minutes.



4. Cook zucchini & serve

To pot with **ragu**, stir in **zucchini**. Cook over high heat, gently stirring and tossing frequently, until just tender, 1-2 minutes (zucchini will release water to loosen sauce). Off heat, stir in **grated Parmesan** and **parsley**. Season to taste with **salt** and **pepper**.

Serve **chicken sausage ragu** topped with **more grated Parmesan** and **a drizzle of oil**, if desired. Enjoy!



2. Simmer ragu

Add **chopped garlic** and **red pepper flakes**; cook until fragrant, about 1 minute. Add **1 tablespoon tomato paste** to pot. Cook, stirring, until slightly darkened in color, 1-2 minutes. Add **tomato sauce** and **broth concentrate**. Bring to a boil over high heat. Lower heat to medium; simmer until sauce is reduced by half, about 10 minutes. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Meanwhile, use a vegetable peeler to peel **zucchini** from top to bottom into ribbons.

Finely grate **half of the Parmesan**.

Pick **parsley leaves** from stems and finely chop; discard stems.



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!