

MARLEY SPOON



Spicy Cavatappi with Sausage

& Marinara Sauce



2-5min



2 Servings

Marley Spoon prides itself on the fresh flavors and ease of our recipes. But sometimes you simply don't have the time to cook! In those moments, look no further than our Ready Made meals. Our Ready Made selection is low effort and high reward—all you need is a microwave to have a piping hot meal on your table in minutes.

What we send

- 2 (10 oz) Ready Made Cavatappi with Sausage ^{1,7}

What you need

- Your choice!

Tools

- microwave or oven

Allergens

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

Nutrition per serving

Calories 490kcal, Fat 22g, Carbs 52g, Protein 21g

Store

1. Store

Store your meal in the refrigerator up to five days from receipt.

Microwave

2. Microwave instructions

Puncture film and microwave for 2 minutes and 15 seconds. Remove and let rest for 1 minute. Carefully peel off film and top with any garnishes.

Bake

3. Oven instructions

Preheat oven to 350°F with a rack in the center. Remove meal from plastic tray and transfer to a small baking dish or ovenproof skillet. Add 2 tablespoons water and cover with foil. Bake until warmed through, 10-15 minutes. Mix well and top with any garnishes.

mmmmmm

4. Enjoy!

You don't have to worry about dishes with this ready made meal, but make it extra luxe and plate it up. Enjoy!

Recycle

5. Recycle

Check the recycling guidelines in your area to dispose the packaging responsibly!

Freeze

6. Freeze

If your meal is still partially frozen or thawed and cool to the touch, you can store it in the freezer for up to 6 months. To heat, microwave for 4 minutes and let rest for 1 minute, or let thaw and use the oven instructions in step 3.