

DINNERLY



Sausage & Broccoli Gluten Free-Fettuccine

with Parmesan



20-30min



2 Servings

Psst! We've got a secret weapon in this recipe that gives it that lip-smacking richness (don't peek at the ingredient list). It's cream cheese! Yep, this typical bagel spread has a tang that you just don't get from heavy cream. A little dollop compliments the sweet Italian sausage and ties the whole dish together. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- ¼ oz granulated garlic
- 9 oz gluten free fettuccine ³
- ½ lb pkg uncased sweet Italian pork sausage
- 2 (1 oz) cream cheese ⁷
- ¾ oz Parmesan ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ⁷

TOOLS

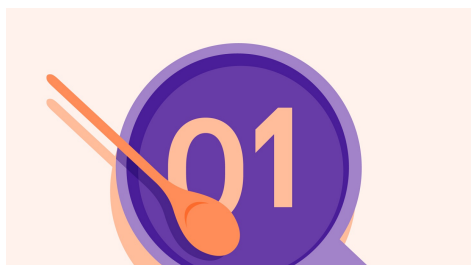
- large pot
- microplane or grater
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 880kcal, Fat 42g, Carbs 78g, Protein 44g



1. Prep ingredients

Bring a large pot of **salted water** to a boil.

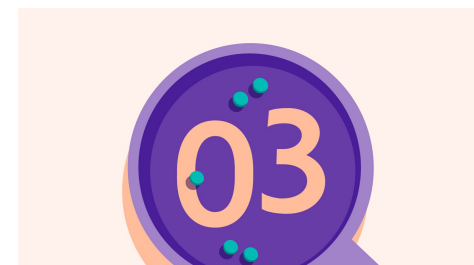
Cut **broccoli** into 1-inch florets, if necessary.

Finely grate **Parmesan**, if necessary.



2. Cook broccoli

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli**, **½ teaspoon granulated garlic**, a **pinch of salt**, and **¼ cup water**. Cover and cook until broccoli is almost tender, 2–3 minutes. Uncover and keep cooking, stirring occasionally, until water is evaporated and broccoli is fully tender, 3–4 minutes more. Transfer to a bowl and set aside until step 5.



3. FETTUCCINE VARIATION

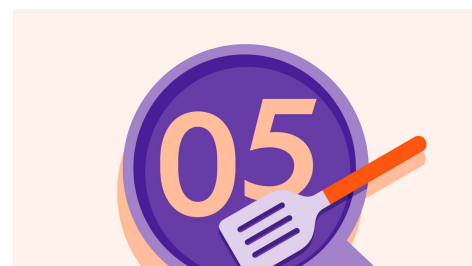
Wipe out skillet and set aside until step 4. Add **pasta** to pot with boiling **salted water** and cook, stirring occasionally, until al dente, about 10 minutes. Reserve **¾ cup cooking water**, then drain pasta and return to pot off heat.



4. Cook sausage

While **pasta** boils, heat **½ tablespoon oil** in same skillet over medium-high. Add **sausage** and a **pinch of salt**; cook, breaking up into smaller pieces, until browned and cooked through, 3–5 minutes.

Add **all of the cream cheese**; cook, stirring, until melted, about 1 minute. Add **reserved cooking water** and cook, scraping up browned bits from bottom of skillet, about 1 minute.



5. Finish & serve

To pot with **pasta**, add **sausage mixture**, **¾ of the Parmesan**, and **1 tablespoon butter**. Cook over medium heat, stirring occasionally, until pasta is coated in a thick sauce, 1–2 minutes. Off heat, stir in **broccoli** and season to taste. Stir in **1–2 tablespoons water** to loosen pasta and sauce, as needed.

Serve **sausage and broccoli pasta** topped with **remaining Parmesan**. Enjoy!



6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.