

# MARLEY SPOON



## Low-Cal Braised Chicken Sausage Ragù

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 ragù 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 <sup>7</sup>
- 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 ragù

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

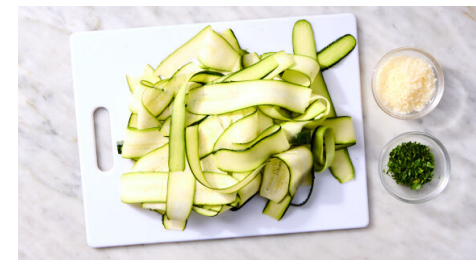
To pot with **ragù**, stir in **zucchini**. Cook over high heat, gently stirring and tossing frequently, until just tender, 1-2 minutes (zucchini will release water to loosen sauce). Off heat, stir in **grated Parmesan** and **parsley**. Season to taste with **salt** and **pepper**.

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



#### 2. Simmer ragù

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 Marley Spoon meal!