

DINNERLY



Kale & Chicken Sausage Gluten Free-Fettuccine

with Sweet Potato & Rosemary



20-30min



2 Servings

Chicken sausage and sweet potato is a flavor-match made in heaven. Pair it with crispy rosemary, al dente gluten free fettuccine, and nutty Parmesan and it's dinner for angels! The trick to getting the best, most intense flavor from rosemary is frying it in oil, but only for about a minute! Keep a close eye for fragrant perfection, and voila! Your new favorite pasta topping. We've got you covered!

WHAT WE SEND

- 1 bunch curly kale
- 9 oz gluten free fettuccine ¹
- ¾ oz Parmesan ²
- 1 sweet potato
- ¼ oz fresh rosemary
- ½ lb uncased Italian chicken sausage

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ²

TOOLS

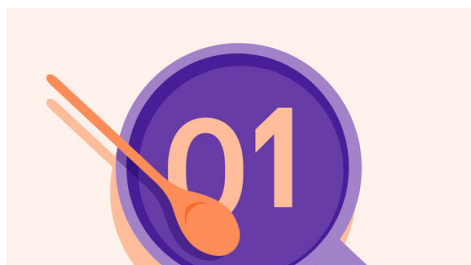
- large pot
- microplane or grater
- medium nonstick skillet
- rimmed baking sheet

ALLERGENS

Egg (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

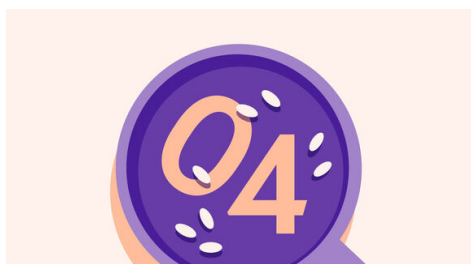
Calories 1010kcal, Fat 44g, Carbs 101g, Protein 43g



1. Cook pasta & kale

Preheat oven to 450°F with a rack in the lower third. Bring a large pot of **salted water** to a boil. Tear or chop **kale** into bite-size pieces.

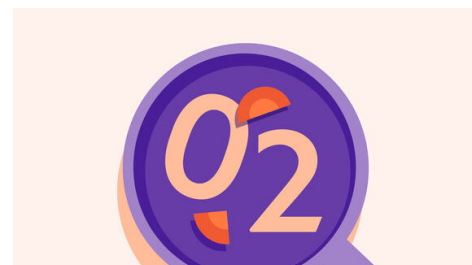
Add **pasta** and **kale** to boiling water and cook, stirring to prevent sticking, pasta is until al dente and kale is tender, 2–3 minutes. Reserve ¾ **cup cooking water**, then drain. Return to pot, off heat.



4. Cook sausage

In reserved skillet, heat 1 **tablespoon rosemary oil** over medium-high. Add **sausage** and cook, breaking up into smaller pieces, until browned and cooked through, 5–7 minutes.

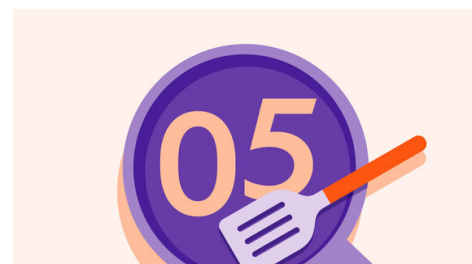
Add **pasta**, **sweet potatoes**, half of the **grated Parmesan** and ½ **cup reserved cooking water**. Cook over medium heat, stirring, until pasta is coated, about 2 minutes. Off heat, stir in 2 **tablespoons butter**.



2. Prep ingredients

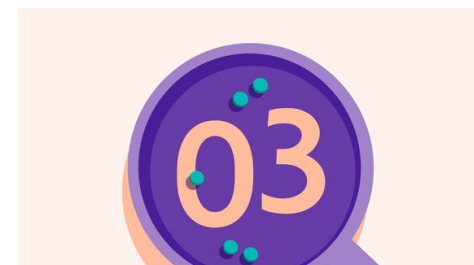
Meanwhile, finely grate **Parmesan**, if necessary. Peel **sweet potato** and cut into ½-inch cubes.

Heat ¼ **cup oil** in a medium nonstick skillet over medium-high. Add **rosemary sprigs** and cook, stirring occasionally, until crisp and oil is slightly darkened, 1–2 minutes. Transfer rosemary to a paper towel to drain. Pour **rosemary oil** into a small heatproof bowl. Reserve skillet.



5. Serve

Serve **sausage** and **sweet potato pasta** sprinkled with **remaining Parmesan**. Strip **rosemary leaves** from stems and sprinkle over top. Drizzle with some of the **rosemary oil**. Enjoy!



3. Roast sweet potato

On a rimmed backing sheet, toss **sweet potatoes** with 1 **tablespoon of the rosemary oil**. Spread into an even layer.

Roast on lower oven rack until tender and browned, 15–20 minutes.



6. Check us out!

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