



One-Pan Sausage & Peppers

with Fennel & Wilted Spinach



30-40min



2 Servings

Say goodbye to dishes—we've piled big flavors on just one baking sheet. With this meal you'll have only one pan to wash plus, since it all happens in the oven, some free time on your hands. We've taken the classic pair of sausages and peppers and dressed them up with fennel bulb and spinach. Fennel's subtle licorice flavor echoes and highlights the fennel seed that is so ubiquitous in Italian sausage.

What we send

- 1 medium red onion
- 7 oz fennel bulb
- 1 bell pepper
- ¼ oz fresh thyme
- 12 oz pkg hot Italian pork sausage links
- 3 oz baby spinach
- 1 oz sherry vinegar (use 1 Tbsp) ¹⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

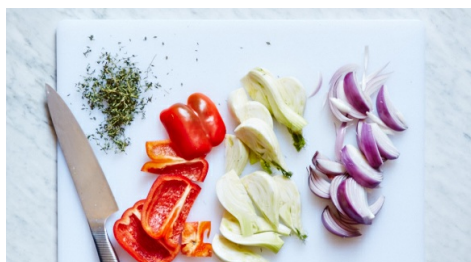
- rimmed baking sheet

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 35g, Carbs 23g, Protein 31g



1. Prep vegetables

Preheat oven to 450°F with racks in the top and center positions. Halve, peel, and cut **all of the onion** into ¾-inch thick wedges. Trim stalks and core-end from **fennel** and remove tough outer layer, if necessary, then cut into ¾-inch thick wedges. Quarter **pepper**, then remove stem and seeds. Pick **thyme leaves** from stems, discarding stems.



2. Prep sausages

Toss **vegetables** and **thyme leaves** with **3 tablespoons oil** on a rimmed baking sheet and season with **salt** and **pepper**. Pierce **sausages** in a few places with the tip of a knife and add to baking sheet.



3. Roast

Roast on center oven rack until **vegetables** are tender and **sausages** are cooked through, 20-25 minutes. Remove from oven. Switch oven to broil.



4. Broil

Broil **sausages** and **vegetables** on top oven rack until lightly charred, 3-5 minutes (watch closely as broilers vary).



5. Add spinach

Transfer **sausages** to a cutting board. Add **spinach** to baking sheet, drizzle with **1 tablespoon vinegar**, and toss to wilt slightly. Slice **sausages** into thirds on an angle.



6. Finish & serve

Transfer **vegetables** and **sausages** to a platter. Enjoy!