

Italian Sausage with Pasta and Broccoli

The Italian Sausage links come from our farm! They are really delicious!

For Pasta

Bring large Pot of water to a boil

Add Kosher salt, enough so the water tastes salty

Add the Pasta

Cook for 6 minutes and remove with strainer or drain into colander

While pasta is cooking heat a sauce pan and the Italian Sausage links. Brown the on all sides. This will take a good 10 minutes. Make sure the links are cooked through. Then cut them into little chunks (for 2 serving meal kits, 2 links will be enough)

Add the sausage pieces back into the sauce pan and add the marinara sauce (container C for 2 servings).

Heat the sauce and sausage pieces for about 2 minutes.

Add a 1/2 ladle of pasta water to the sauce and heat for 2 minutes.

When pasta is cooked and the sauce is hot, drain the pasta. You can add a little olive oil to the pasta to help it from sticking if you would like.

Broccoli

Heat skillet to medium/high heat.

Wash broccoli and break it into small pieces.

Add 1 tablespoon of butter and some olive oil to a skillet.

Add the broccoli and sprinkle with salt and pepper.

Cook for about 4-5 minutes and remove from heat.

Do not overcook. The pieces of broccoli should have a good bite to them.

Plate

Add some pasta to a plate and top it with the marinara and Italian sausage pasta sauce. Sprinkle with some parmesan cheese. Add a side of broccoli.

Enjoy!!!

