

Italian Sausage & Peppers with Penne Verde

We love traditional Italian sausage & peppers. This week, we created a delicious creamy spinach sauce and paired it with al dente penne and locally sourced sausage. It's a simple meal that's packed with flavor.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt

5 MEEZ CONTAINERS

Italian Sausage
Penne
Red & Green Bell Peppers
Creamy Spinach Sauce
Parmesan & Black Pepper

Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the penne, reducing the **carbs per serving to 25g**. Skip steps 1 and 2 and prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

Health snapshot per serving – 980 Calories, 60g Fat, 47g Protein, 63g Carbs, and 32 Freestyle Points.

Lightened up health snapshot per serving – 710 Calories, 45g Fat, 38g Carbs, and 22 Freestyle Points, by using half of the pasta, sauce, and parmesan & black pepper.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Italian Sausage, Red Bell Peppers, Green Bell Peppers, Penne Pasta, Cream, Parmesan, Spinach, Green Onion, Black Pepper, Lemon Pepper

meez meals

1. **Get Organized**

Bring a large saucepan of water to boil.

2. **Cook the Pasta**

Add the **Penne** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and return the pasta to the saucepan with a cover.

3. **Cook the Sausage**

While the pasta is cooking, cut the **Italian Sausage** in half, lengthwise and then into ½" half-moon slices.

Heat a large skillet over medium high heat. Add the sausage and cook, stirring frequently, until brown and slightly crispy, about 2 to 3 minutes. Transfer to a paper towel lined plate. Do not wipe out the skillet.

The sausage will arrive fully-cooked. This step is to heat it and add charred flavor.

4. **Cook the Peppers and Sauce**

Heat 1 Tbsp olive oil and the oil remaining from cooking the sausage in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red & Green Bell Peppers** and cook until they start to char, about 4 to 5 minutes. Turn off the heat and add the **Creamy Spinach Sauce** and stir until hot. Add the cooked penne and Italian sausage to the skillet and stir well.

5. **Put It All Together**

Serve the pasta topped with the **Parmesan & Black Pepper**. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *