

Fo sku1136 web badge

## Sausage & Pepper Quick Ragu

with Roasted Broccoli & Polenta



30-40min



4 Servings

Ragu, the velvety traditional Italian meat sauce, is an eternal classic because of the rich and developed flavors. The secret to that sauce is time, but the secret to this quick ragu is bright bell peppers and onion, sautéed until tender and served atop creamy polenta with crisp Italian sausage and roasted broccoli. It's a feast for the eyes in a fraction of the time! Cook, relax, and enjoy!

## What we send

- orange bell pepper
- medium yellow onion
- red bell pepper
- broccoli
- tomato paste
- sweet Italian sausage
- quick cooking polenta
- packets chicken broth concentrate

## What you need

- coarse salt
- freshly ground black pepper
- olive oil

## Tools

- large skillet
- medium saucepan
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Energy 700.0kcal, Fat 36.6g, Proteins 33.4g, Carbs 54.3g



### 1. Prep ingredients

Preheat oven to 450°F. Halve, peel, and thinly slice **onion**. Cut sides away from **bell peppers**, removing core and stems, and thinly slice. Cut **broccoli** into small florets. Grate **Parmesan**. In a medium bowl, combine **chicken broth packets** with 3 cups **warm water** and stir to dissolve.



### 2. Roast broccoli

Toss **broccoli** with 2 tablespoons **oil** on a large rimmed baking sheet and season with **salt** and **pepper**. Roast **broccoli**, flipping halfway through, until browned and tender, 18-22 minutes.



### 3. Brown sausage

Meanwhile, heat 1 tablespoon **oil** in a large skillet over medium-high. Pierce **sausages** all over with a fork. Add to skillet and cook, turning occasionally, until browned all over, about 10 minutes. Transfer to a plate, leaving the residual fat in the pan.



### 4. Start ragu

Add **onions** and **bell peppers** to skillet and season with ½ teaspoon salt. Cook, stirring, until browned in places, 5-7 minutes. Stir in **tomato paste** and cook until combined, about 1 minute.



### 5. Simmer ragu

Return **sausages** to skillet over medium-high heat and add ¾ cup **prepared broth**. Reduce heat to medium-low and partially cover. Cook until **sausage** is cooked through and **peppers** are tender, about 10 minutes. Uncover and simmer until slightly thickened, about 1 minute more. Remove from heat and cover to keep warm.



### 6. Cook polenta

Bring remaining **broth** and 1 cup **water** to a boil in a medium saucepan. Whisk in **polenta** and reduce heat to low. Cook, whisking often, until thickened and tender, 5-7 minutes. Remove from heat, stir in **butter** and **Parmesan**, and add more **water** if needed to thin out; season to taste with **salt** and **pepper**. Serve ragu over **polenta** with **broccoli**. Enjoy!