



One-Pan Sausage & Peppers

with Fennel & Wilted Spinach



30-40min



4 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 s...

What we send

- red bell peppers
- fresh thyme
- fennel
- sherry vinegar ¹⁷
- sweet Italian sausage links
- red onion
- baby spinach

What you need

- kosher salt & ground pepper
- olive oil

Tools

- 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.

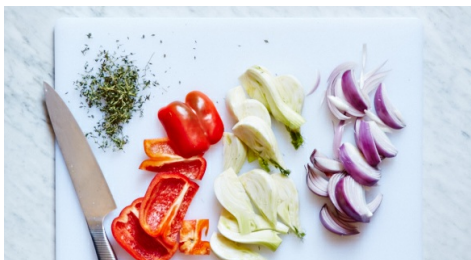
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 400kcal, Fat 23g, Carbs 19g, Proteins 30g



1. Prep vegetables

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



4. Broil

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



2. Prep sausages

Toss **vegetables** and **thyme** 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.



5. Add spinach

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



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.



6. Finish & serve

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