



DINNERLY



LOW CALORIE

NO ADDED GLUTEN

Skillet Sausage Parm with Garlicky Broccoli

 20-30min  2 Servings

We are very well acquainted with the power of the Parm. So, we went ahead and took flavorful Italian sausage links and gave them the Parm treatment with a quick marinara sauce and melty cheese topping. Garlicky broccoli is there not just because it tastes great, but also because we know we can't live on Parm alone. We've got you covered!

WHAT WE SEND

- fontina cheese
- sweet italian sausage links
- broccoli crowns
- canned tomato sauce
- garlic

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- ovenproof skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 610kcal, Fat 44g, Carbs 12g, Proteins 39g



1. Prep ingredients

Preheat broiler with top rack 6 inches from heat source. Trim ends from **broccoli**, then cut into 1-inch florets. Finely chop **fontina**. Peel and finely chop **2 teaspoons garlic**.



2. Cook broccoli

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **1 teaspoon of the chopped garlic** and cook until fragrant, 30 seconds. Add **broccoli**, **1½ tablespoons water**, **a pinch of salt**, and **a few grinds pepper**, then cover and cook until broccoli is tender, 2–3 minutes. Transfer broccoli to a plate and cover to keep warm.



3. Brown sausages

Using the tip of a paring knife, pierce **sausages** a few times. Heat **1 tablespoon oil** in same skillet over medium-high. Add sausages and cook, turning occasionally, until browned all over, 5–6 minutes (they will not be fully cooked). Transfer to a plate.



4. Make sauce

Heat **1 tablespoon oil** in same skillet over medium-high. Add **garlic** and cook until fragrant, 30 seconds. Add **sauce**, **¼ cup water**, and **a pinch of sugar**. Stir, scraping up any browned bits from bottom of pan. Add **sausages** and bring to a boil; season to taste with **salt** and **pepper**. Reduce heat to medium, cover, and simmer until sausages are cooked, 2–3 minutes.



5. Finish & serve

Spoon **sauce** over **sausages** to coat, then top with **cheese**. Broil on top oven rack until **cheese** is bubbly and golden, 1–3 minutes (watch closely). Serve **skillet sausage parm** with **garlicky broccoli** alongside.



6. Make it lunch!

Got some leftover? Use a crusty roll to take this recipe from dinner to tomorrow's hero. Preheat broiler with top rack 6 inches from heat source. On a rimmed baking sheet, pile your saucy sausages and any leftover cheese onto the cut-side of a roll. Broil on top rack until cheese is bubbly and sausages are warm, 1–2 minutes.