



# DINNERLY



LOW CALORIE

NO ADDED GLUTEN

## Skillet Sausage Parm with Garlicky Broccoli

 30-40min  4 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

- garlic
- broccoli crowns
- mozzarella
- canned tomato sauce
- sweet italian sausage links

## 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 510kcal, Fat 35g, Carbs 11g, Proteins 37g



### 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 **1 tablespoon garlic**.



### 2. Cook broccoli

Heat  $1\frac{1}{2}$  **tablespoons oil** in a large ovenproof skillet over medium-high. Add  **$1\frac{1}{2}$  teaspoons of the chopped garlic** and cook until fragrant, 30 seconds. Add **broccoli, 3 tablespoons water,  $\frac{1}{2}$  teaspoon salt, and several grinds pepper**, then cover and cook until broccoli is tender, 3–4 minutes. Transfer to a plate and cover to keep warm.



### 3. Brown sausages

Using the tip of a paring knife, pierce **sausages** a few times. Heat  $1\frac{1}{2}$  **tablespoons 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,  $\frac{1}{4}$  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.