



**FAMILY FRIENDLY**

## Spicy Sausage & Peppers

with Cheesy Polenta

 20-30min  4 Servings

In this dish, sausage and peppers meets its Cajun cousin thanks to a flavor boost from some Louisiana-style spices and a healthy dose of garlic. Smothered Italian sausages and sweet bell pepper are served on top of creamy, cheesy polenta—this dinner is brawny and soothing all in one bite. Cook, relax, and enjoy!

## What we send

- garlic
- cajun spice blend
- canned tomato sauce
- fresh basil
- sweet Italian sausage
- red bell peppers
- quick-cooking polenta

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large skillet
- medium saucepan

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

Calories 600.0kcal, Fat 28.0g, Proteins 39.0g, Carbs 49.0g



### 1. Prep ingredients

Halve **bell peppers**, remove stems, cores and seeds, then thinly slice. Peel and finely chop **4 large garlic cloves**. Pick **half of the basil leaves** (reserve the remaining whole sprigs for step 4). Cut **fontina** into small cubes. Finely grate **Parmesan**.



### 4. Make sauce

Add **tomato sauce**, **reserved whole basil sprigs**, **¾ cup water**, **1 teaspoon salt**, and **a few grinds pepper** and bring to a boil. Return **sausages and any juices** to sauce, reduce heat and simmer, partially covered, until sausages are cooked through, peppers are tender, and sauce is slightly reduced, 10-12 minutes.



### 2. Brown sausages

Prick **sausages** all over with a fork. Heat **1 tablespoon oil** in a large skillet over medium-high. Add sausages and cook, turning occasionally, until browned all over, 4-5 minutes. Transfer to a plate or baking sheet.



### 5. Make polenta

In a medium saucepan, bring **5 cups water** to a boil. Whisk in **polenta** and **1 teaspoon salt**; cover and cook over low, stirring occasionally, until grains are tender and polenta is thickened, 6-8 minutes. Stir in **fontina** and **⅔ of the Parmesan** until melted. Season to taste with **salt** and **pepper**.



### 3. Sauté aromatics

Add **peppers** and **1 tablespoon oil** to same skillet and cook over medium, stirring occasionally, until crisp-tender, and browned in spots, 5-6 minutes. Add **garlic** and **1 teaspoon of the Cajun spice blend** (more or less depending on heat preference) and cook until fragrant, about 1 minute.



### 6. Finish & serve

Remove **basil sprigs** from sauce. Spoon **polenta** into bowls and top with **sausage**, **peppers**, and **sauce**. Garnish with **remaining Parmesan** and **basil leaves**, and **a drizzle of olive oil**. Enjoy!