

Fo sku1238 hero

Whole Wheat Fusilli

with Sausage, Fennel & Rosemary



20-30min



4 Servings

Cooking sausage to develop a deep brown color, adds a depth of flavor. Sautéing fennel until it caramelizes, releases its natural sugars to reach its ultimate flavor potential. Take the time to brown each ingredient and release the flavor with pasta water. Combine with creamy Parmesan cheese to create a delectable pan sauce. Cook, relax, and enjoy!

What we send

- baby arugula
- large cloves garlic
- fennel
- fresh rosemary
- uncased sweet Italian sausage

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- box grater or microplane
- colander
- large pot
- large skillet

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 673.0kcal, Fat 22.0g, Proteins 36.8g, Carbs 79.4g



1. Cook pasta

Bring a large pot of **salted water** to a boil. Cook **pasta** until al dente, about 10 minutes. Reserve **¾ cup pasta water** and drain pasta.



2. Prep ingredients

Halve and thinly slice **fennel** lengthwise. Thinly slice **garlic**. Pick **rosemary leaves** and finely chop 1½ teaspoons (reserve the rest for your own use). Grate **Parmesan**.



3. Brown sausage

Heat 2 tablespoons **oil** in a large skillet over medium-high. Add **sausage** and cook, breaking up with a wooden spoon, until well browned, about 8 minutes. Using a slotted spoon, transfer sausage to a plate, leaving any **fat** behind in the pan.



4. Cook fennel

Add **fennel** and a pinch of **salt** to skillet; cook over medium-high heat until tender and slightly browned, about 5 minutes. Add **garlic** and **chopped rosemary** and cook, stirring, until fragrant, about 2 minutes more. Return **cooked sausage** to skillet.



5. Finish pasta

Stir in **pasta** and **reserved pasta water**. Cook over medium-high heat, scraping up any **browned bits** stuck to the skillet, about 1 minute.



6. Combine and serve

Remove skillet from heat, stir in **arugula**, **half of the Parmesan**, a drizzle of **olive oil**, and a few grinds of **pepper**. Divide among bowls and top **pasta** with **remaining Parmesan**. Enjoy!