



FAST. EASY. FRESH.

# CREAMY MUSHROOM AND KALE PASTA WITH SAUSAGE

**1.** Bring a large pot of salted water to a boil. Add the **rotini** and cook for 8-10 minutes, or until al dente. Strain, rinse briefly, then set aside.

**2.** Meanwhile, peel the **onion**, then thinly slice it. Wash the **kale**, remove the stems, and thinly slice the leaves. Set the vegetables aside, then cut the **sausage** into bite-sized pieces.

**3.** In a large pan, heat the **canola oil**. Add the **onions** and **sausage**. Sauté for 2-3 minutes, then add the **mushrooms** and cook for 3-4 minutes.

**4.** Next, add the **kale** and cook a further 3-4 minutes. Add your **heavy cream**, then season to your liking with **sea salt** and **black pepper**.

**5.** To serve, scoop the rotini into pasta bowls, and top with the mushroom, kale, and sausage mixture. Enjoy!

## Ingredients (2 Person Serving – 694 Calories Per Serving)

Canola Oil	1 Tbsp.	Heavy Cream	¼ Cup
Sliced Mushrooms	227 g	Rotini	225 g
Yellow Onion	1 Small	Salt and Pepper	To Taste
Kale	1 Bunch		
Mild Italian Sausage	225 g		



**30** Minute  
Cook  
Time!