



Sausage, Summer Squash, and Corn Stir-Fry with Basil and Sweet Peppers

Novice Time: 45-55 minutes Calories Per Serving: 440
Pro Time: 30-40 minutes Serves: 2 people

Stir-fry, traditionally associated with Asian flavors, is a method for cooking various ingredients together over high heat for a short period of time. We're using Italian flavors for this dish, but the result is the same: tender summer squash and corn with crispy, seared chicken sausage.

USDA recommends cooking chicken to 165° F.



1. Prepare Ingredients

Rinse all produce. Peel **onion**, halve, and thinly slice. Quarter **sweet peppers** lengthwise, discarding stems and seeds. Halve **zucchini** and **summer squash** lengthwise, then cut crosswise into ½-inch slices. Cut **sausage** on a diagonal into 1-inch slices. Pick **basil** leaves, discarding stems. Shuck **corn**, discarding husks and silk, and slice kernels off cob into a medium bowl.



2. Sear Sausage

Heat **1 tablespoon olive oil** in a large pan over medium-high heat. When oil is shimmering, add **sausage** in a single layer and cook until browned and crisp, about 2 minutes per side. Transfer to a plate.



3. Cook Zucchini and Summer Squash

Wipe pan from sausage clean and add **1 tablespoon olive oil** over medium-high heat. When oil is shimmering, add **zucchini** and **summer squash**, cooking until golden on bottom, 3-4 minutes.



4. Stir Fry Vegetables

Flip **zucchini** and **summer squash** and add **onion**, **sweet peppers**, **corn**, and **1 tablespoon olive oil**. Season with **salt** and **black pepper** and stir to combine. Cook until vegetables are tender, 4-5 minutes.






5. Season Stir-Fry

Add **dried oregano**, as much **crushed red pepper** as desired, and **sausage** to pan with vegetables and stir to combine and warm through, about 2 minutes. Add **basil** and stir until just wilting. Taste and add more **salt** and **black pepper** as needed.



6. Plate Stir-Fry

Divide **stir-fry** evenly between 2 plates and serve.

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🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

One of our favorite hacks to avoid losing corn kernels as we slice them off the cob is to turn a small bowl upside-down inside of a larger bowl. Rest the corn on the upside-down bowl as you slice, so your kernels naturally fall into the larger bowl.

📋- INGREDIENTS

- 1 red onion
- 3 ounces sweet peppers
- 8 ounces zucchini
- 8 ounces summer squash
- 9 ounces Southwest chicken sausage
- 2 sprigs basil
- 2 ears corn
- ½ teaspoon dried oregano
- ¼ teaspoon crushed red pepper (optional)

🔪- YOU'LL NEED

- large pan
- 3 tablespoons olive oil
- kosher salt
- black pepper

Questions or comments? Please email help@plated.com or call 855-525-2399.