



# Creamy Harissa Sausage Pasta

with Tomatoes, Olives and Walnuts

**CLASSIC** 30 Minutes • Little Heat • 1.5 of your 5 a day



Hickory Smoked Sausage



Onion



Garlic Clove



Baby Plum Tomatoes



Spring Onion



Wheat Rigatoni Pasta



Harissa Paste



Crème Fraîche



Olives



Walnuts

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Saucepan, Baking Tray, Peeler, Fine Grater (or Garlic Press), Colander, Large Frying Pan and Measuring Jug.

### Ingredients

|                                     | 2P             | 3P             | 4P             |
|-------------------------------------|----------------|----------------|----------------|
| Hickory Smoked Sausage <b>14</b> ** | 2              | 3              | 4              |
| Onion**                             | 1              | 1              | 2              |
| Garlic Clove**                      | 1              | 2              | 2              |
| Baby Plum Tomatoes                  | 1 small punnet | 1 large punnet | 1 large punnet |
| Spring Onion**                      | 1              | 2              | 2              |
| Wheat Rigatoni Pasta <b>13</b>      | 200g           | 300g           | 400g           |
| Harissa Paste                       | 1 sachet       | 1½ sachets     | 2 sachets      |
| Water for the Sauce*                | 100ml          | 150ml          | 200ml          |
| Crème Fraîche <b>7</b> **           | 100g           | 150g           | 225g           |
| Olives                              | 1 pouch        | 1½ pouches     | 2 pouches      |
| Walnuts <b>2</b>                    | 1 pot          | 1 pot          | 1 pot          |

\*Not Included \*\* Store in the Fridge

### Nutrition

|                          | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 480g        | 100g     |
| Energy (kJ/kcal)         | 4119/985    | 859/205  |
| Fat (g)                  | 56          | 12       |
| Sat. Fat (g)             | 17          | 4        |
| Carbohydrate (g)         | 93          | 19       |
| Sugars (g)               | 15          | 3        |
| Protein (g)              | 32          | 7        |
| Salt (g)                 | 2.17        | 0.45     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

2) Nut **7**) Milk **13**) Gluten **14**) Sulphites

**Wheat Rigatoni Pasta. Ingredients:** Durum wheat semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Bake the Sausages

Preheat your oven to 200°C and bring a large saucepan of water to the boil with a ¼ tsp of **salt**. Pop your **sausages** on a lightly oiled baking tray, bake on the top shelf of your oven until cooked, 25-30 mins, turning halfway through cooking. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



## 4. Finish the Sauce

Once the **liquid** has reduced, stir in the **creme fraiche**, bring to the boil, then remove from the heat. Have a quick tidy up now if your **sausages** haven't quite finished cooking! When the **sausages** are cooked, remove from the oven and carefully slice into 2cm wide rounds on a board using a knife and fork.



## 2. Prep

While the sausages cook, halve, peel and thinly slice the **onion** into half moon shapes. Peel and grate the **garlic** (or use a garlic press). Quarter the **tomatoes**. Trim the **spring onion** and thinly slice. When the **water** is boiling, add the **wheat rigatoni** and simmer until tender, 12 mins. Once cooked, drain the **wheat pasta** in a colander, pop back in the pan and drizzle with **oil** to stop it sticking together.



## 5. Combine

Add the **sausages** to the **sauce** and stir to combine. Taste and add **salt** and **pepper** if necessary. Warm the **sauce** through if you feel it needs it, 1-2 mins. Add the drained **wheat pasta** and **half** the **olives**. Mix everything together until well combined. **TIP:** Add a splash of water if the sauce looks a little dry.



## 3. Make the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and fry until softened, stirring occasionally, 5-6 mins. Add the **garlic**, **tomatoes** and **harissa paste** and cook, stirring until the **tomatoes** have softened slightly, 2-3 mins. Pour in the **water** (see ingredients for amount), stir together, reducing the heat if necessary. Simmer until the **sauce** has reduced by half, 3-4 mins.



## 6. Finish and Serve

Divide the **wheat pasta** between bowls and sprinkle over the **walnuts**, **spring onion** and remaining **olives**.

**Enjoy!**