



Smoky Banger Pasta Bake

with Bacon and Chilli Beans

CLASSIC 45 Minutes • Little Heat • 1.5 of your 5 a day



Smoked BBQ
Pork Sausages



Bacon Lardons



Rigatoni Pasta



Echalion Shallot



Red Pepper



Garlic Clove



Red Kidney Beans



Smoked Paprika



Finely Chopped
Tomatoes



Cheddar Cheese



Crème Fraîche

Before you start

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

Basic cooking tools you will need:

Baking Tray, Large Frying Pan, Saucepan, Fine Grater (or Garlic Press), Colander, Coarse Grater and Ovenproof Dish.

Ingredients

	2P	3P	4P
Smoked BBQ Pork Sausages 14 **	2	3	4
Bacon Lardons**	60g	90g	120g
Rigatoni Pasta 13	200g	300g	400g
Echalion Shallot**	1	1	2
Red Pepper**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Red Kidney Beans	1 carton	1 carton	2 cartons
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Cheddar Cheese 7 **	1 block	2 blocks	2 blocks
Crème Fraîche 7 **	150g	150g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	735g	100g
Energy (kJ/kcal)	4655 /1113	633 /151
Fat (g)	56	8
Sat. Fat (g)	23	3
Carbohydrate (g)	105	14
Sugars (g)	18	2
Protein (g)	51	7
Salt (g)	3.32	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Bake the Sausages

Preheat the oven to 200°C. Pop the **sausages** onto a baking tray, drizzle with **oil**, then cook on the top shelf of the oven for 20-25 mins. **IMPORTANT:** *The sausages are cooked when they're no longer pink in the middle!* Boil a saucepan of **water** for the pasta. Heat a splash of **oil** in a large frying pan on medium-high heat and add the **bacon lardons**. Stir regularly and fry until lightly golden, 3-4 mins, then remove from the pan with a slotted spoon, and set to one side. **IMPORTANT:** *Cook the bacon lardons throughout.*



4. Reduce the Sauce

Stir, bring to the boil, then lower the heat to simmer until it has thickened slightly, 4-5 mins, stir occasionally. In the meantime, coarsely grate the **Cheddar cheese**. When your **sausages** are cooked, carefully slice them into 2cm pieces.



2. Get Prepped

Pop the **rigatoni** and ½ tsp of **salt** into the saucepan of **boiling water**. Cook for 12 mins, then drain using a colander. Return to the saucepan and add a drizzle of **oil** (to stop it from sticking together). Meanwhile, halve, peel and thinly slice the **shallot**. Halve the **red pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a colander.



5. Bake it

Once the **sauce** has thickened, pop in the **crème fraîche** and **sausage pieces** into the frying pan. Stir in, bring to the boil and bubble for 30 seconds. Taste and season with **salt** and **pepper**. Stir the **rigatoni** into the **mixture**, then tip it all into an ovenproof dish. Sprinkle over the **cheese** and **bacon lardons** and pop onto the top shelf of the oven. Cook for 10 mins, until the **cheese** is melted and bubbling.



3. Make the Sauce

Heat another splash of **oil** (if necessary) over medium-high heat in the now empty frying pan. Add the **shallot** and **red pepper** and cook until softened and beginning to colour, 5-6 mins, stirring frequently. Lower the heat to medium and stir in the **garlic**, **smoked paprika**, **kidney beans** and a pinch of **sugar** - if you have any. Cook for one minute more, stirring regularly, then add the **finely chopped tomatoes**.



6. Serve

Once cooked, serve into bowls.

Tuck in!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.