



# Speedy Sausage Pasta

with Spinach



## HELLO RIGATONI

The pasta's name means ridged because of the lines that run down it's side which helps the sauce cling to it.



Pork & Oregano Sausage Meat



Wheat Rigatoni



Balsamic Vinegar



Tomato Purée



Finely Chopped Tomatoes with Onion



Red Wine Stock Pot



Flat Leaf Parsley



Baby Spinach



Italian Style Grated Hard Cheese

Long day? Too tired to cook? We know the feeling. At HelloFresh we believe that being short of time or stuck in a recipe rut shouldn't stop you from cooking and enjoying great food. Using pre-seasoned sausage meat is a great way to get full on flavour in double quick time. Bish, bash, bosh - a few bits to chop and you've got a showstopper on the table. When you can get full on flavour in double quick time, you know you're onto a winner.

20 mins

2 of your 5 a day

Rapid recipe

GET **PREPARED!**

Fill and boil your **Kettle**.

MEAL BAG

15

# BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Frying Pan, Large Saucepan, Colander, and Measuring Jug**. Let's start cooking the **Speedy Sausage Pasta with Spinach**.



## 1 FRY THE SAUSAGE MEAT

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **sausage meat** and fry until browned, 3-4 mins.
- Break it up with a wooden spoon as it cooks (keep it quite chunky!).



## 2 COOK THE WHEAT PASTA

- Fill a large saucepan with the boiling water, add the **wheat rigatoni** and a pinch of **salt** and return to the boil. Cook for 12 mins.
- When cooked, drain the **wheat pasta** in a colander and drizzle over a little **oil** to stop it sticking together.



## 3 START THE SAUCE

- Pour the **balsamic vinegar** in with the **sausage meat** and allow to evaporate for 30 seconds.
- Stir in the **tomato purée** and cook for 2 mins.



## 4 SIMMER THE SAUCE

- Add the **finely chopped tomatoes, stock pot, water** (see ingredients for amount) and a pinch of **sugar** (if you have some) to the frying pan.
- Bring to the boil, stirring to dissolve the **stock pot**, then reduce the heat to medium and simmer until thick and tomatoey, 5-6 mins. **IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.*



## 5 FINISH UP

- Meanwhile, roughly chop the **parsley** (stalks and all).
- When the **sauce** is cooked, stir through the **spinach** a handful at a time until wilted, 2-3 mins.
- Season to taste with **salt** and **pepper** if needed.



## 6 COMBINE AND SERVE

- Toss the **wheat rigatoni** in the **sauce**, along with **half the cheese** and **half the parsley**, until well coated.
- Serve in bowls finished with a sprinkling of the remaining **cheese** and **parsley**.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Pork & Oregano Sausage Meat <sup>14</sup> *	246g	370g	493g
Wheat Rigatoni <sup>13</sup>	200g	300g	400g
Balsamic Vinegar <sup>14</sup>	1 sachet	1½ sachets	2 sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot <sup>14</sup>	1	1½	2
Water*	50ml	75ml	100ml
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Italian Style Grated Hard Cheese <sup>7</sup> <sup>8</sup> *	1 pack	1½ packs	2 packs

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 542G	PER 100G
Energy (kJ/kcal)	3682/880	679/162
Fat (g)	30	6
Sat. Fat (g)	13	2
Carbohydrate (g)	107	20
Sugars (g)	21	4
Protein (g)	43	8
Salt (g)	6.23	1.15

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 13) Gluten 14) Sulphites

**Wheat Rigatoni. 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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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