



# Speedy Sausage Pasta

with Spinach

**RAPID** 20 Minutes

N° 15



Pork and Oregano Sausage Meat



Rigatoni Pasta



Balsamic Vinegar



Tomato Puree



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



Flat Leaf Parsley



Baby Spinach



Grated Italian Style Hard Cheese

## Before you start

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

### Basic cooking tools you will need:

Large Frying Pan, Saucepan, Colander and Measuring Jug.

### Ingredients

|  | 2P          | 3P          | 4P          |
|--|-------------|-------------|-------------|
| Pork and Oregano Sausage Meat <b>(13) 14)**</b>  | 225g        | 340g        | 450g        |
| Rigatoni Pasta <b>(13)</b>                       | 200g        | 300g        | 400g        |
| Balsamic Vinegar <b>(14)</b>                     | 1 sachet    | 1½ sachets  | 2 sachets   |
| Tomato Puree                                     | 1 sachet    | 1½ sachets  | 2 sachets   |
| Finely Chopped Tomatoes with Onion and Garlic    | 1 carton    | 1½ cartons  | 2 cartons   |
| Chicken Stock Powder                             | 1 sachet    | 2 sachets   | 2 sachets   |
| Water for the Sauce*                             | 50ml        | 75ml        | 100ml       |
| Flat Leaf Parsley**                              | 1 bunch     | 1 bunch     | 1 bunch     |
| Baby Spinach**                                   | 1 small bag | ¾ large bag | 1 large bag |
| Grated Italian Style Hard Cheese <b>(7) 8)**</b> | 1 pack      | 1½ packs    | 2 packs     |

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

### Nutrition

|                          | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 522g        | 100g     |
| Energy (kJ/kcal)         | 3558/851    | 682/163  |
| Fat (g)                  | 28          | 5        |
| Sat. Fat (g)             | 12          | 2        |
| Carbohydrate (g)         | 104         | 20       |
| Sugars (g)               | 19          | 4        |
| Protein (g)              | 42          | 8        |
| Salt (g)                 | 4.80        | 0.92     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **8)** Egg **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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Packed in the UK



## 1. Fry the Sausage

- Fill and boil the kettle.
- 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!).



## 4. Cook the Sauce

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



## 2. Cook the Pasta

- Fill a saucepan with boiling **water**, add the **rigatoni** and ½ tsp of **salt**.
- Pop on high heat and bring the **water** back to the boil. Add the **rigatoni** and simmer until tender, 12 mins.
- When cooked, drain the **pasta** in a colander, pop back in the pan and drizzle over a little **oil** to stop it sticking together.



## 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.



## 3. Start the Sauce

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



## 6. Serve

- Toss the **rigatoni** into the **sausage ragu**, along with **half** the **hard Italian cheese** and **half** the **parsley**. Toss together until combined.
- Serve in bowls finished with a sprinkling of the remaining **cheese** and **parsley**.

**Enjoy!**

**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.