



# Spiced Pork Ragu

with Pappardelle and Hard Italian Style Cheese

**RAPID** 20 Minutes • Little Heat • 1 of your 5 a day



Onion



Flat Leaf Parsley



Pork & Oregano Sausage Meat



Easy Garlic



Chilli Flakes



Pappardelle



Finely Chopped Tomatoes with Onion and Garlic



Tomato Puree



Baby Spinach



Hard Italian Style Cheese

## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Large Frying Pan and Colander.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Pork & Oregano Sausage Meat <b>13</b> <b>14)**</b>	225g	340g	450g
Easy Garlic	1 sachet	1½ sachets	2 sachets
Chilli Flakes	a pinch	a pinch	a pinch
Pappardelle <b>13</b>	200g	300g	400g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	1 large bag
Hard Italian Style Cheese <b>7) 8)**</b>	1 pack	1½ packs	2 packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	570g	100g
Energy (kJ/kcal)	3280 /784	576 /138
Fat (g)	28	5
Sat. Fat (g)	13	2
Carbohydrate (g)	93	16
Sugars (g)	22	4
Protein (g)	38	7
Salt (g)	4.20	0.74

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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. Prep the Veggies

a) Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the pasta.

b) Halve, peel and thinly slice the **onion**.

c) Roughly chop the **parsley** (stalks and all).



## 4. Cook the Pasta

a) Meanwhile, add the **pappardelle** to your pan of boiling **water**. Cook until it's 'al dente', about 10 mins. **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.



## 2. Fry the Sausage Meat

a) Heat a splash of **oil** in a large frying pan on medium-high heat.

b) Add the **Sausage meat** to the pan and cook until it starts to brown, 4-5 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.

c) Break it up with a wooden spoon as it cooks.

d) Add the **onion** to the **sausage meat**, stir and cook until softened, 3-4 mins.



## 5. Simmer the Sauce

a) Add the **chopped tomatoes** and **tomato puree** to your **sausage mixture**.

b) Stir together and simmer for 5 mins

c) After 5 mins add the **spinach** in, a handful at a time and stir it in. Cook until the **spinach** has wilted and the **sauce** has thickened, another 2-3 mins. **TIP:** Add a sprinkle of sugar too (if you have some) It will really lift the flavour of the tomatoes.



## 3. Cook the Veggies

a) Add the **easy garlic** and a pinch of **chilli flakes** to the pan. **TIP:** Some like it hot, but if that's not you then go easy on the chilli flakes!



## 6. Combine and Serve

a) Once cooked, drain the **pasta** in a colander, pop back in the pan and drizzle over a little **olive oil** to stop it sticking together.

b) Add the **pasta** to your **ragu** along with **half** of the **parsley**. Season to taste with **salt** and **pepper**.

c) Serve on plates and top with the remaining **parsley** and the **hard Italian style cheese**.

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.