



More Than Food

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## Herbed Pork Orecchiette with Purple Sprouting, Chilli & Pesto

If you were spending a weekend in Rome then you might come across this dish under its traditional name, 'Orecchiette ai Broccoletti'. It's a classic Italian dish combining a few simple, yet incredibly high quality ingredients for a quick, nutritious, delicious dinner. A plateful of nutritious deliciousness in the time it takes to boil your pasta!

 15 mins

 spicy



Purple Sprouting  
Broccoli (1 pack)



Orecchiette  
(180g)



Pine Nuts (1 tbsp)



Pork and Oregano  
Sausage (1)




Chilli Flakes  
( $\frac{1}{4}$  tsp)



Basil Pesto  
(3 tbsp)

## Ingredients

	2 PEOPLE	ALLERGENS
Purple Sprouting Broccoli, chopped	1 pack	
Orecchiette	180g	Gluten
Pine Nuts	1 tbsp	
Pork and Oregano Sausage	1	Sulphites
Chilli Flakes	¼ tsp	
Basil Pesto	3 tbsp	Milk

 Our fruit and veggies come fresh from the farm so give them a little wash before using

### Did you know...

Broccoli is a cruciferous veggie, in the same family as the cabbage, and is closely related to the cauliflower.

**Nutrition per serving:** Calories: 792 kcal | Protein: 33 g | Carbs: 76 g | Fat: 39 g | Saturated Fat: 10 g

2



**1** Boil a large pot of water for the pasta. Add ¼ tsp of salt.

*they're spicy!* Season with ¼ tsp of salt and a few grinds of pepper.

**2** Chop the purple sprouting broccoli widthways into 3 pieces.

**3** Cook the broccoli in the boiling water for 1 minute. Remove the broccoli from the water but keep the water for the pasta.

**8** Add the 4 tbsp of reserved pasta water then add the pasta. Add the pesto and stir.

**9** Serve with a sprinkle of pine nuts.

5



**4** Cook the pasta in the water for 10 mins. Reserve 4 tbsp of the pasta water then drain.

**5** Heat a frying pan on medium-high heat. Add in the pine nuts and toast them for a few mins, then remove from the pan. **Tip:** Watch the nuts like a hawk as they can burn easily. Remove and keep to the side

6



**6** Heat 2 tsp of olive oil in a non-stick frying pan on medium-high heat (you can use the same one you used for your pine nuts - no need to wash!). Once hot, cut open the sausage and cook the meat in the pan (discard the skins). Cook for around 5 mins until nicely browned off.

8



**7** Add the broccoli and chilli flakes and cook for 2 mins. **Tip:** Add the chilli flakes slowly as