



Rich Sausage Meat Ragu Al Forno with Hard Italian Style Cheese and Spaghetti

Classic 35-40 Minutes • 1 of your 5 a day

9



Pork & Oregano Sausage Meat



Carrot



Dried Thyme



Tomato Passata



Red Wine Stock Paste



Spaghetti



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Ovenproof pan, lid, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Pork and Oregano Sausage Meat** 14	225g	340g	450g
Carrot**	1	2	2
Dried Thyme	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	28g	42g	56g
Spaghetti 13	180g	270g	360g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	496g	100g
Energy (kJ/kcal)	3671 /877	740 /177
Fat (g)	37.3	7.5
Sat. Fat (g)	17.7	3.6
Carbohydrate (g)	93.4	18.8
Sugars (g)	18.5	3.7
Protein (g)	36.4	7.3
Salt (g)	4.85	0.98

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **13**) Cereals containing gluten **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Fry the Sausage Meat

Preheat your oven to 220° C/200° C fan/gas mark 7.

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. **TIP:** *If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.*

Once hot, add the **sausage meat** and fry until the **sausage** has browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw sausage meat.*



Pasta la Vista

When the **ragu** has 15 mins left, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **spaghetti**.

When boiling, add the **spaghetti** to the **water** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Prep the Carrot

Meanwhile, trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.

Once the **sausage meat** has browned, drain and discard any excess fat. **IMPORTANT:** *The sausage meat is cooked when no longer pink in the middle.*



Stir Together

Remove the **ragu** from the oven, then stir in the **sun-dried tomato paste**, **cooked pasta**, **butter** (see pantry for amount) and **half the hard Italian style cheese**.

Add a splash of **water** to loosen the **sauce** if you feel it needs it.



Bring on the Ragù

Stir the **dried thyme**, **passata**, **red wine stock paste**, **chopped carrot** and the **sugar** and **water for the sauce** (see pantry for both amounts) into the **sausage meat**. Season with **salt** and **pepper**.

Bring the **sauce** up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **meat** is tender and the **sauce** has thickened, 20-25 mins.



Serve Up

Share your **ragu al forno pasta** between your serving bowls.

Sprinkle over the remaining **hard Italian style cheese** to finish.

Enjoy!