







More Than Food  
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## Baked Tuscan Sausage Tortillas

At the HelloFresh Farm we love to take a traditional recipe and give it a fresh twist. In this recipe we have morphed the sausage roll into a far healthier and (we think) tastier version. These baked sausage tortillas are packed full of flavour and goodness. We think they may become a new family favourite!

 40 mins

 1.5 of your 5 a day

 mealkit

 family box



Tuscan Pork Sausage  
(500g)



Echalion Shallot  
(2)



Red Pepper  
(2)



Tomato Passata  
(2 cartons)



Garlic Clove  
(1)



Basil  
(1 bunch)



Wholemeal Tortillas  
(8)



Baby Spinach  
(1 bag)



Hard Italian Cheese  
(40g)



Balsamic Vinegar  
(1 tbsp)



Olive Oil  
(2 tbsp)




Rocket  
(1 bag)

## 4 PEOPLE INGREDIENTS

- Tuscan Pork Sausage **500g**
- Echalion Shallot, sliced **2**
- Red Pepper, sliced **2**
- Tomato Passata **2 cartons**
- Garlic Clove, grated **1**
- Basil, chopped **1 bunch**

- Wholemeal Tortillas **8**
- Baby Spinach **1 bag**
- Hard Italian Cheese **40g**
- Balsamic Vinegar **1 tbsp**
- Olive Oil **2 tbsp**
- Rocket **1 bag**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Rocket is so named as it grows extremely fast! Leaves are ready for harvest within 40 days of sowing!

**Allergens:** Milk, Gluten, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	617 kcal / 2580 kJ	30 g	8 g	52 g	6 g	31 g	1 g
<b>Per 100g</b>	187 kcal / 783 kJ	9 g	3 g	16 g	2 g	9 g	0 g

1



**1** Pop a large frying pan on medium-high heat with a splash of **oil**. Remove the skin from the **sausage** by slitting along its length. Remove the **sausage meat** (discard the skin) and break into 2cm chunks. Pop these into the frying pan and cook for 10-12 mins. You want them to brown nice and gently. Turn every now and then to make sure they don't burn.

2



**2** Wash your hands and then get on with the rest of your prep. Cut the **shallot** in half through the root, peel and slice into thin half moon shapes. Remove the core from the **red pepper** and slice as thinly as you can. Once your **sausage meat** is cooked remove to a plate, then add your **pepper** and **shallot** to the pan. Cook for another 5-7 mins or until soft.

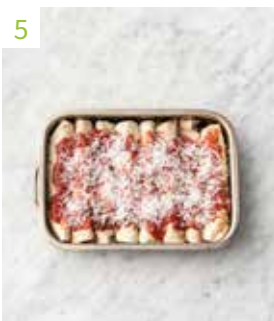
4



**3** Pour the **tomato passata** into a small bowl. Season with a pinch of **salt** and a good grind of **black pepper**. Peel and grate the **garlic** (or use a garlic press if you have one). Pick the **basil leaves** and shred them finely. Add your **garlic** and **basil** to your **tomato passata**. Taste and add more **salt** and **black pepper** if necessary. This is your tomato sauce.

**4** Preheat your oven to 200 degrees. Place a **tortilla** on a chopping board. Smear a spoonful of your **tomato sauce** across your **tortilla**. Leave a 1cm border free of sauce (see picture). Put some **spinach leaves** in the centre, and then top with a few pieces of **sausage, red pepper** and **shallot**. Roll to enclose the filling and then pop into a lightly greased baking dish with the join side down.

5



**5** Repeat until you have two filled **tortillas** per person. Spoon your remaining **tomato sauce** on top of your rolled tortillas and then sprinkle over the **hard Italian cheese**.

**6** Pop your baking dish on the top shelf of your oven for 12-15 mins or until your **cheese** is golden and bubbling. Have a quick clear up and get the washing up done whilst your tortillas bake.

**7** Mix the **balsamic vinegar** with the **olive oil** (amount specified in the ingredient list) and drizzle it over the **rocket**. Serve your **baked tortillas** on a bed of **rocket**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!