



# Buttery Fennel and Sausage Pasta with Linguine

**FAMILY** Hands on Time: 25 Minutes • Total Time: 30 Minutes • 1.5 of your 5 a day



Tuscan Sausages



Linguine



Onion



Fennel Bulb



Flat Leaf Parsley



Tomato Purée



Chicken Stock Powder



Unsalted Butter



Grated 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:

Large Saucepan, Baking Tray, Measuring Jug, Colander and Frying Pan.

### Ingredients

	2P	3P	4P
Tuscan Sausages <b>14)**</b>	4	6	8
Linguine <b>13)**</b>	200g	300g	400g
Onion**	1	1	2
Fennel Bulb**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Tomato Purée	2 sachets	3 sachets	4 sachets
Reserved Pasta Cooking Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Unsalted Butter <b>7)**</b>	30g	45g	60g
Grated Hard Italian Style Cheese <b>7) 8)**</b>	1 bag	1½ bags	2 bags

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	450g	100g
Energy (kJ/kcal)	3902/933	867/207
Fat (g)	41	9
Sat. Fat (g)	20	5
Carbohydrate (g)	97	22
Sugars (g)	13	3
Protein (g)	40	9
Salt (g)	3.29	0.73

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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## 1. Cook the Sausages

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil on medium-high heat with ½ tsp of **salt**. Pop the **Tuscan sausages** on a baking tray and bake on the top shelf of your oven until brown and cooked through, 20-25 mins, turning halfway through cooking. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.*



## 2. Cook the Linguine

Meanwhile, add the **linguine** to the boiling **water** and simmer until the **pasta** is tender, 12 mins. When the **pasta** is cooked, ladle out some of the **cooking water** into a bowl and reserve (see ingredients for amount). This is for the **sauce**. Then drain the **pasta** in a colander, pop it back in the pan and drizzle with **oil** and mix through to stop it sticking together.



## 3. Prep

Meanwhile, halve, peel and chop the **onion** into small pieces. Halve the **fennel** through the root, remove the triangular root and then thinly slice (similar to if you were slicing an onion). Roughly chop the **parsley** (stalks and all).



## 4. Start the Sauce

Heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **onion**, stir and cook for 2 mins, then add the **fennel** and cook, stirring occasionally until it's beginning to soften, 5-6 mins. Add the **tomato purée**, stir and cook for 1 minute, then pour in the **reserved pasta cooking water**. Stir in the **chicken stock powder**, bring to a simmer, cover the pan with a lid or some kitchen foil.



## 5. Finish the Sauce

Simmer the **sauce** until the **fennel** is really nicely softened, 5-7 mins. Meanwhile, once the **sausages** are cooked, remove them from the oven and chop up into rounds about 1cm thick with a knife and fork. Once the **fennel** is softened, remove the lid and stir in the **butter**, **half the hard Italian style cheese** and **half the parsley**. Stir until the **butter** and **cheese** are melted, then stir in the **sausages** and remove from the heat.



## 6. Finish and Serve

Taste the **sauce** and add **salt** and **pepper** if you feel it needs it. Add the **pasta** to the **sauce** and toss together (or add the sauce and sausages to the pasta depending on what's easier). Serve in bowls with the remaining **parsley** and **cheese** sprinkled on top.

**Enjoy!**