



# Cheesy Sausage & Broccoli Spaghetti

with Creamy Sauce

N° 11

**FAMILY** Hands On Time: 20 Minutes • Total Time: 30 Minutes • Little Heat • 1 of your 5 a day



Garlic Clove



Cheddar Cheese



Red Chilli



Broccoli Florets



Pork Sausage Meat



Spaghetti



Chicken Stock Powder



Crème Fraîche



Grated Italian Style Hard Cheese

## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Fine Grater (or Garlic press), Coarse Grater, Frying Pan, Colander and Measuring Jug.

### Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	2 cloves	2 cloves
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Red Chilli**	1	1	1
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Pork Sausage Meat 13) 14)**	225g	340g	450g
Spaghetti 13)	200g	300g	400g
Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Crème Fraîche 7)**	150g	225g	300g
Grated Italian Style Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	4473/1069	805/192
Fat (g)	60	11
Sat. Fat (g)	28	5
Carbohydrate (g)	88	16
Sugars (g)	8	2
Protein (g)	53	10
Salt (g)	3.43	0.62

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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Packed in the UK



## 1. Get Prepped

Bring a large saucepan of water to the boil on high heat with ½ tsp of **salt**. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar**. Halve the **chilli** lengthways, deseed then thinly slice. Cut any larger **broccoli florets** in half.



## 4. Finish the Sauce

Add the **water** (see ingredients for amount), **chicken stock powder** and the **grated Cheddar** to the pan with the **sausage meat** etc. Stir to melt in the **cheese** and bring to the boil. Add the **crème fraîche** and turn down to a simmer. cook until the **broccoli** is tender, 5-6 mins. Stir in **half** the **hard Italian cheese**.



## 2. Start Cooking

Heat a drizzle of **oil** in a large frying pan on a medium-high heat. When hot add the **sausage meat** and fry until browned, 4-5 mins. Break it up with a spoon as it cooks. When brown add the **broccoli florets**, turn the heat down to medium and cook until it starts to soften, 3-4 minutes. Add the **garlic** and **half** of the **chilli** (add less if you don't like heat). Cook for a further minute.



## 5. Finish Off the Dish

When the **sauce** is ready add the drained **spaghetti** to the frying pan and mix well to coat the **spaghetti** in the **sauce**, warm through until piping hot, 2-3 minutes. **IMPORTANT:** *The sausage meat is cooked when no longer pink in the middle.* Taste and add **salt** and **pepper** if you feel it needs it.



## 3. Cook the Pasta

Meanwhile, when the **water** is boiling, add the **spaghetti** (see ingredients for amount). Cook until tender, 8 mins, then drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## 6. Time to Serve

Share the **spaghetti** and **sauce** evenly between your bowls. Sprinkle over the remaining **hard Italian cheese** and the remaining **sliced red chilli** if you want a bit more of a kick.

**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.