

Cheesy Sausage & Broccoli Spaghetti

with Creamy Sauce

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











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 vou 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

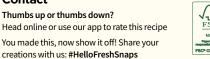
7) Milk 8) Egg 13) Gluten 14) Sulphites

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.



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.



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.



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.



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.



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.