



Creamy Harissa Sausage Pasta

with Tomatoes, Olives and Walnuts

CLASSIC 30 Minutes • Little Heat • 1.5 of your 5 a day



Hickory Smoked Sausage



Onion



Garlic Clove



Baby Plum Tomatoes



Spring Onion



Wheat Rigatoni Pasta



Harissa Paste



Crème Fraîche



Olives



Walnuts

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, Peeler, Fine Grater (or Garlic Press), Colander, Large Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Hickory Smoked Sausage 14 **	2	3	4
Onion**	1	1	2
Garlic Clove**	1	2	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Spring Onion**	1	2	2
Wheat Rigatoni Pasta 13	200g	300g	400g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche 7 **	100g	150g	225g
Olives	1 pouch	1½ pouches	2 pouches
Walnuts 2	1 pot	1 pot	1 pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	480g	100g
Energy (kJ/kcal)	4119/985	859/205
Fat (g)	56	12
Sat. Fat (g)	17	4
Carbohydrate (g)	93	19
Sugars (g)	15	3
Protein (g)	32	7
Salt (g)	2.17	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **7**) Milk **13**) Gluten **14**) Sulphites

Wheat Rigatoni Pasta. Ingredients: Durum wheat semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

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.

Contact

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1. Bake the Sausages

Preheat your oven to 200°C and bring a large saucepan of water to the boil with a ¼ tsp of **salt**. Pop your **sausages** on a lightly oiled baking tray, bake on the top shelf of your oven until cooked, 25-30 mins, turning halfway through cooking. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



4. Finish the Sauce

Once the **liquid** has reduced, stir in the **creme fraiche**, bring to the boil, then remove from the heat. Have a quick tidy up now if your **sausages** haven't quite finished cooking! When the **sausages** are cooked, remove from the oven and carefully slice into 2cm wide rounds on a board using a knife and fork.



2. Prep

While the sausages cook, halve, peel and thinly slice the **onion** into half moon shapes. Peel and grate the **garlic** (or use a garlic press). Quarter the **tomatoes**. Trim the **spring onion** and thinly slice. When the **water** is boiling, add the **wheat rigatoni** and simmer until tender, 12 mins. Once cooked, drain the **wheat pasta** in a colander, pop back in the pan and drizzle with **oil** to stop it sticking together.



5. Combine

Add the **sausages** to the **sauce** and stir to combine. Taste and add **salt** and **pepper** if necessary. Warm the **sauce** through if you feel it needs it, 1-2 mins. Add the drained **wheat pasta** and **half** the **olives**. Mix everything together until well combined. **TIP:** Add a splash of water if the sauce looks a little dry.



3. Make the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and fry until softened, stirring occasionally, 5-6 mins. Add the **garlic**, **tomatoes** and **harissa paste** and cook, stirring until the **tomatoes** have softened slightly, 2-3 mins. Pour in the **water** (see ingredients for amount), stir together, reducing the heat if necessary. Simmer until the **sauce** has reduced by half, 3-4 mins.



6. Finish and Serve

Divide the **wheat pasta** between bowls and sprinkle over the **walnuts**, **spring onion** and remaining **olives**.

Enjoy!