



Creamy Harissa Sausage Pasta with Tomatoes and Olives

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

5



Hickory Smoked Sausages



Onion



Garlic Clove



Baby Plum Tomatoes



Flat Leaf Parsley



Rigatoni Pasta



Harissa Paste



Crème Fraîche



Olives

Before you start

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

Cooking tools, you will need:

Saucepan, Baking Tray, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Colander and Frying Pan.

Ingredients

	2P	3P	4P
Hickory Smoked Sausages 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
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
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	200g
Olives	1 pouch	1½ pouches	2 pouches

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	430g	100g
Energy (kJ/kcal)	3818 /913	888 /212
Fat (g)	49	12
Sat. Fat (g)	16	4
Carbohydrate (g)	91	21
Sugars (g)	14	3
Protein (g)	30	7
Salt (g)	2.17	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



Bake the Sausages

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ 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.*



Prep

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



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.



Finish the Sauce

Once the liquid has reduced, stir in the **crème fraîche**, 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.



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 **pasta**, **half** the **parsley** and **half** the **olives**. Mix everything together until well combined. **TIP:** *Add a splash of water if the sauce looks a little dry.*



Finish and Serve

Divide the **pasta** between bowls and sprinkle over the **parsley** and remaining **olives**.

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.