HELLO FRESH

Creamy Pork, Sage and Onion Spaghetti
with Cavolo Nero

Rapid 20 Minutes • 1 of your 5 a day

14

Pork and Oregano Sausage Meat

Red Onion

Garlic Clove

Sage

Spaghetti

Chicken Stock Paste

Cavolo Nero

Creme Fraiche

Grated Hard Italian Style Cheese

Before you start

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

Cooking tools, you will need:

Saucepan, Lid, Frying Pan, Wooden Spoon, Garlic Press, Measuring Jug, Colander, Bowl.

Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat **13) 14)****	225g	340g	450g
Red Onion**	1	1	2
Garlic Clove	1	1	2
Sage**	½ bunch	¾ bunch	1 bunch
Spaghetti **13)**	180g	270g	360g
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Cavolo Nero**	100g	150g	200g
Creme Fraiche **7)****	150g	225g	300g
Grated Hard Italian Style Cheese **7) 8)****	25g	40g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	**402g**	**100g**
Energy (kJ/kcal)	3749 /896	932 /223
Fat (g)	48	12
Sat. Fat (g)	21	5
Carbohydrate (g)	83	21
Sugars (g)	9	2
Protein (g)	37	9
Salt (g)	2.84	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 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

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1

Start Cooking

a) Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **spaghetti** and **cavolo nero**.

b) Meanwhile, heat a splash of **oil** in a large frying pan on medium-high heat.

c) Add the **sausage meat** and cook until starting to brown, 4-5 mins.

d) Break it up into small chunks with a wooden spoon as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*

2

Prep Time

a) Meanwhile, halve, peel and chop the **red onion** into small pieces.

b) Peel and grate the **garlic** (or use a garlic press).

c) Pick the **sage leaves** from their stalks and roughly chop (discard the stalks).

d) Add the **chopped onion**, **sage** and **garlic** to the pan with the **sausage meat**.

e) Cook, stirring often, until the **onion** begins to soften, 3-4 mins.

3

Cook the Pasta

a) When the **water** is boiling, add the **spaghetti** to the pan and cook until tender, 8 mins.

4

Simmer the Sauce

a) When the **sausage meat** has browned and the **onion** softened, stir in the **chicken stock paste** and **water** (see ingredients for amount) and lower the heat to a simmer.

b) Cook until reduced by half, 2-3 mins. **IMPORTANT:** *The sausage meat is cooked when no longer pink in the middle.*

5

Cook the Cav

a) When the **spaghetti** has 5 mins left, add the **cavolo nero** to the pan. **TIP:** *Ensure the cavolo nero is completely submerged in the water - pop a lid on the pan if you need to.*

b) Cook for 5 mins, then drain the **spaghetti** and **cavolo nero** in a colander.

c) Stir the **creme fraiche** into the **sauce** and bring to the boil. Remove from the heat.

6

Finish Off

a) Taste the **creamy sauce** and season with **salt** and **pepper** if necessary.

b) Mix the **sauce** and **spaghetti** together then share between your bowls.

c) Finish with a sprinkle of **grated hard Italian style cheese**.

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.