



Dinner: Creamy Sausage Meat Pasta Bake

Lunch: Meatball Sub

33

Dinner to Lunch 50 Minutes • 4 of your 5 a day

Dinner



Lunch



Cheddar Cheese



Bell Pepper



Aubergine



Pork and Oregano Sausage Meat



Finely Chopped Tomatoes with Basil



Tomato Passata



Chicken Stock Paste



Rigatoni Pasta



Green Pesto



Creme Fraiche



Seeded Roll



Grated Hard Italian Style Cheese

Before you start

Cooking tools, you will need:

Saucepan, Grater, Baking Tray, Colander, Frying Pan, Ovenproof Dish, Aluminum Foil.

Ingredients

	2P	3P	4P
Cheddar Cheese 7 **	60g	90g	120g
Bell Pepper***	1	2	2
Aubergine**	1	2	2
Pork and Oregano Sausage Meat 13	450g	565g	675g
14 **			
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Tomato Passata	1 carton	1 carton	1 carton
Chicken Stock Paste	15g	20g	30g
Sugar for the Sauce*	1 tsp	1½ tsps	1½ tsps
Rigatoni Pasta 13	180g	270g	360g
Green Pesto 7	32g	50g	64g
Crema Fraiche 7 **	150g	225g	300g
Seeded Roll 13	2	2	2
Grated Hard Italian Style Cheese 7 8 **	25g	40g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	874g	100g
Energy (kJ/kcal)	5194/1240	594/142
Fat (g)	89	10
Sat. Fat (g)	30	3
Carbohydrate (g)	107	12
Sugars (g)	36	4
Protein (g)	41	5
Salt (g)	5.94	0.68

Lunch	Per serving	Per 100g
for uncooked ingredient	228g	100g
Energy (kJ/kcal)	2354/563	1034/247
Fat (g)	25	11
Sat. Fat (g)	9	4
Carbohydrate (g)	60	26
Sugars (g)	7	3
Protein (g)	25	11
Salt (g)	3.04	1.33

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.

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Get Prepped

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Grate the **Cheddar cheese**. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Pop the **pepper** and **aubergine** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer.



Finish the Sauce

Once the **veg** is cooked, remove from your oven. Turn the grill onto high. Pop the **meatballs** into a bowl and add 4-5 tbsp of the **tomato sauce** - set aside for lunch. Add the **pesto** to the pan with the **sauce** and stir together. Taste and add **salt** and **pepper** if you feel it needs it. Add the **creme fraiche** to the **pasta** and stir until combined.

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.



Meatball Prep & Pasta

Take **one-third** of the **sausage meat** and shape into **6 meatballs** per person for lunch. Pop the **meatballs** on another baking tray and drizzle with **oil**. Roast the **veg** on the top shelf and the **meatballs** on the middle shelf until the **veg** is softened and slightly browned and the **meatballs** are cooked through, 20-25 mins. **IMPORTANT:** Wash your hands after handling raw meat. The meatballs are cooked when no longer pink in the middle. Once the **water** is boiling, add the **rigatoni** to the **water** and cook until tender, 12 mins. Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Assemble and Bake

Transfer the **pesto tomato sauce** mixture to an ovenproof dish and top with the **creamy pasta**. Cover with the **Cheddar** and pop on the top shelf of your oven. Grill until the top is golden and a little crunchy at the edges, 3-5 mins. Serve in bowls and enjoy!



Make the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the remaining **sausage meat** and fry until browned, 4-5 mins. Break it up with a wooden spoon as it cooks. Drain and discard any excess fat from the **sausage meat**. When the **sausage meat** has browned, add the **chopped tomatoes**, **passata**, and **stock paste**. Season with **salt**, **pepper** and **sugar** (see ingredients for amount), bring to the boil and simmer until thickened, 6-7 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The mince is cooked when no longer pink in the middle.



Lunch Time

Make your lunch! For best results, put the reserved **meatballs** and **sauce** in the fridge and just before eating, slice into each **seeded roll** lengthways (be careful not to cut all the way through). Warm in your oven for a couple of mins if you prefer. Share the **meatballs** between the **rolls**, sprinkle over the **grated hard Italian style cheese** and enjoy. If making the night before, allow the **meatballs** and **sauce** to cool slightly before assembling as above, then wrap in foil and refrigerate until ready to eat.

Enjoy!