



Herby Sausage Bolognese

with Cheesy Garlic Bread

N° 11

FAMILY Hands on Time: 10 Minutes • Total Time: 35 Minutes • 1 of your 5 a day



Carrot



Red Pepper



Garlic Clove



Ciabatta



Pork & Oregano Sausage Meat



Finely Chopped Tomatoes with Onion and Garlic



Italian Seasoning



Tomato Puree



Beef Stock Powder



Cheddar Cheese



Grated Italian Style Hard Cheese



Spaghetti

Before you start

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

Basic cooking tools, you will need:

Coarse Grater, Fine Grater (or Garlic Press), Frying Pan, Measuring Jug, Saucepan, Baking Tray and Colander.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Red Pepper**	½	1	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Ciabatta 11 13	1	1½	2
Pork & Oregano Sausage Meat 13 14 **	225g	340g	450g
Finely Chopped Tomatoes with Onion and Garlic	½ carton	¾ carton	1 carton
Italian Seasoning	½ pot	¾ pot	1 pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Water*	100ml	150ml	200ml
Cheddar Cheese 7 **	1 block	2 blocks	2 blocks
Grated Italian Style Hard Cheese 7 8 **	1 pack	1½ packs	2 packs
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Spaghetti 13	200g	300g	400g

*Not Included ** Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 511g	Per 100g 100g
Energy (kJ/kcal)	4454 /1065	872 /208
Fat (g)	43	8
Sat. Fat (g)	17	3
Carbohydrate (g)	122	24
Sugars (g)	19	4
Protein (g)	47	9
Salt (g)	4.26	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **11)** Soya **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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You can recycle me!



Packed in the UK



1. Prep Time

Trim the **carrot** (no need to peel!) and grate on the coarse side of your grater. Halve the **pepper** and remove the core and seeds. Chop into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **ciabatta** (as though you were making a sandwich).



4. Garlic Bread Time

Meanwhile, preheat your grill to 220°C. Grate the **Cheddar cheese** and in a small bowl, mix with **two thirds** of the **hard Italian style cheese**, remaining **garlic** and **olive oil** (see ingredients for amount). Lay the **ciabatta** on a baking tray cut-side up and spread the **cheesy mixture** on top. When your **bolognese** has 8 mins left, grill the **bread** on the top shelf of your oven until the **cheese** is golden, 5-6 mins.



2. Brown the Meat

Heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **sausage meat** to the pan and fry until browned, 5-6 mins. Break it up with a wooden spoon as it cooks. **IMPORTANT: The mince is cooked when it is no longer pink in the middle.** Once browned, add the **pepper** and **carrot** to the pan, stir together and cook until the **pepper** is soft, another 4-5 mins, stirring occasionally. Stir in **half the garlic** and cook for a minute.



5. Cook the Spag

Next, add the **spaghetti** to your pan of boiling **water**. Boil for 8 mins. Once cooked, drain in a colander, return to the pan and drizzle with **oil** to stop it sticking together.



3. Simmer the Sauce

Add the **chopped tomatoes**, **Italian seasoning**, **tomato purée** and **beef stock powder**. Pour in the **water** (see ingredients for amount). Stir to dissolve the **stock**. Bring to a simmer, cook gently, on medium-low heat until the sauce has reduced and thickened, 12-15 mins. Stir occasionally. Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the pasta.



6. Finish and Serve

Once baked, cut the **garlic bread** pieces in half diagonally. When your **bolognese** is rich and delicious, taste and add **salt** and **pepper** if it needs it. Serve the **pasta** in bowls with a good helping of **bolognese** on top. Sprinkle on the remaining **hard Italian cheese**. Serve with the **cheesy garlic bread** on the side.

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.