

# Pork Linguine with Courgettes

Classic 25 Minutes • Little Heat • 1 of your 5 a day











Garlic Clove







Finely Chopped Tomatoes



Linguine





Grated Hard Italian Style Cheese



Red Onion



Pork and Oregano Sausage Meat



Chicken Stock Powder



Chilli Flakes

## Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Fine Grater (or Garlic Press), Frying Pan, Colander and Coarse Grater.

## Ingredients

	2P	3P	4P
Courgette**	1	2	2
Red Onion**	1	1	1
Garlic Clove**	1 clove	1 clove	2 cloves
Pork and Oregano Sausage Meat 13) 14)**	225g	340g	450g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Linguine 13)	200g	300g	400g
Chilli Flakes	a pinch	a pinch	a pinch
Grated Hard Italian Style Cheese <b>7) 8)**</b>	1 pack	1½ packs	2 packs

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	612g	100g
Energy (kJ/kcal)	3592 /859	587/140
Fat (g)	27	4
Sat. Fat (g)	12	2
Carbohydrate (g)	108	18
Sugars (g)	21	3
Protein (g)	42	7
Salt (g)	3.27	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

7) Milk 8) Egg 13) Gluten 14) Sulphites

\*Not Included \*\*Store in the Fridge

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.

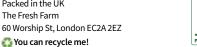
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## Do the Prep

Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Halve, peel and chop the **red onion** into small pieces. Peel and grate the garlic (or use a garlic press). Bring a large saucepan of water to the boil with ½ tsp of salt.



#### Start the Sauce

Heat a drizzle of **olive oil** in a frying pan on medium-high heat and add the courgette and onion. Fry until starting to soften, 5-6 mins. Stir in the **garlic** and cook for a minute more, then remove the veg to a bowl and set aside. Add a little more oil to the now empty pan and pop back on medium-high heat. Add the sausage meat and fry until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT**: The sausage meat is cooked when it is no longer pink in the middle.



## Simmer the Sauce

When the sausage meat has browned, return the vegetables to the pan. Add the chopped tomatoes and chicken stock powder along with a pinch of sugar (if you have some). Season with salt and pepper. Stir together, bring to the boil then reduce the heat and simmer until thickened, 10-12 mins.



#### Cook the Pasta

While the **sauce** is cooking, add the **linguine** to your pan of boiling water. Cook for 12 mins. TIP: You can add a splash of the pasta water to the sauce if it starts to look too thick!



### Combine

When the **pasta** is cooked, drain it in a colander. Add the drained pasta to the pan with the sauce and stir together.



#### Finish and Serve

If you like a bit of heat, add a pinch of **chilli flakes** to the pasta before serving. Careful - the chilli flakes are hot! Sprinkle over the 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.