



Pork Linguine with Courgettes

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

3



Courgette



Red Onion



Garlic Clove



Pork and Oregano
Sausage Meat



Finely Chopped
Tomatoes



Chicken
Stock Powder



Linguine



Chilli Flakes



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:

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 (7) 8)**	1 pack	1½ packs	2 packs

*Not Included **Store in the Fridge

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

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!



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**.



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!



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.



Combine

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



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.



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.