

Pork Linguine with Spinach

9

Family Hands On Time: • Total Time: 25 Minutes • Little Spice • 1 of your 5 a day







Red Onion

Garlic Clove





Pork and Oregano Sausage Meat

d Oregano Finely Chopped Tomatoes





Chicken Stock Powder

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Baby Spinach

Chilli Flakes



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Garlic Press, Saucepan, Frying Pan, Wooden Spoon, Bowl,

Ingredients

	2P	3P	4P	
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	
Baby Spinach**	100g	150g	200g	
Chilli Flakes	1 pinch	1 pinch	1 pinch	
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	3493 /835	635 /152
Fat (g)	28	5
Sat. Fat (g)	12	2
Carbohydrate (g)	103	19
Sugars (g)	15	3
Protein (g)	41	7
Salt (g)	3.31	0.60

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.

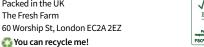
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Do the Prep

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 1/2 tsp of salt.



Start the Sauce

Heat a drizzle of **olive oil** in a frying pan on medium-high heat. Once hot, add the onion and sausage meat and fry until browned, 5-6 mins. Break it up with a spoon as it cooks. Stir in the garlic and cook for 1 minute.



Simmer the Sauce

Add the chopped tomatoes and chicken stock powder to the pan 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. IMPORTANT: The sausage meat is cooked when no longer pink in the middle.



Cook the Pasta

While the sauce is cooking, add the linguine to your pan of boiling water. Cook for 12 mins. Tip: Add a splash of the pasta water to the sauce if it starts to look too thick! Once the sauce is cooked, stir in the spinach a handful a time until wilted.



Combine

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