



# Pork Linguine

with Courgettes and Hard Italian Style Cheese

**Family** Hands On Time: 15 Minutes • Total Time: 25 Minutes • Little Spice • 1 of your 5 a day



Courgette



Garlic Clove



Pork and Oregano Sausage Meat



Finely Chopped Tomatoes with Onion and Garlic



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:

Garlic Press, Saucepan, Frying Pan, Wooden Spoon, Colander, Plate.

## Ingredients

	2P	3P	4P
Courgette**	1	2	2
Garlic Clove**	1	1	2
Pork and Oregano Sausage Meat <b>13)</b>	225g	340g	450g
<b>14)**</b>			
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Linguine <b>13)</b>	200g	300g	400g
Chilli Flakes	1 pinch	1 pinch	2 pinch
Grated Hard Italian Style Cheese <b>7) 8) **</b>	40g	60g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	546g	100g
Energy (kJ/kcal)	3544 /847	649 /155
Fat (g)	28	5
Sat. Fat (g)	12	2
Carbohydrate (g)	106	19
Sugars (g)	19	4
Protein (g)	42	8
Salt (g)	4.63	0.85

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?

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## Do the Prep

Trim the **courgette** then quarter lengthways. Chop widthways 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:** 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**. Fry until starting to soften, 5-6 mins. Stir in the **garlic** and cook for a minute more, then remove the **courgette** 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.



## 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.



## Simmer the Sauce

When the **sausage meat** has browned, return the **courgette** to the pan. **IMPORTANT:** The **sausage meat** is cooked when it is no longer pink in the middle. 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.