



# Pork, Sage and Onion Creamy Spaghetti with Walnuts

**RAPID** 20 Minutes • 1 of your 5 a day

N° 15



Pork Sausage Meat



Red Onion



Sage



Spaghetti



Chicken Stock Powder



Chopped Cavolo Nero



Creme Fraiche



Walnuts



Italian Style Grated Hard Cheese

## Before you start

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

### Basic cooking tools you will need: Ingredients

	2P	3P	4P
Pork Sausage Meat <b>13) 14)</b>	246g	370g	493g
Red Onion	1	1	2
Sage	½ bunch	¾ bunch	1 bunch
Spaghetti <b>13)</b>	200g	300g	400g
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Water	100ml	150ml	200ml
Chopped Cavolo Nero	1 bag	1 bag	1 bag
Creme Fraiche <b>7)</b>	¾ pouch	1 pouch	1½ pouch
Walnuts <b>2)</b>	1 bag	1 bag	1 bag
Italian Style Grated Hard Cheese <b>7) 8)</b>	½ pack	¾ pack	1 pack

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	407g	100g
Energy (kJ/kcal)	3843/919	944/226
Fat (g)	48	12
Sat. Fat (g)	18	4
Carbohydrate (g)	91	22
Sugars (g)	11	3
Protein (g)	41	10
Salt (g)	2.28	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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Packed in the UK



### 1. Start the Sauce

Bring a large saucepan of **water** to the boil with a pinch of **salt** for the wheat pasta and **cavolo nero**. Meanwhile, heat a splash of **oil** in a large frying pan over medium-high heat. Add the **sausagemeat** and cook until starting to brown, 5 mins. Break it up into small chunks with a wooden spoon as it cooks.



### 4. Simmer the Sauce

When the **sausagemeat** is browned and the **onion** softened stir in the **chicken stock powder** and **water** (see ingredients for amount) and lower the heat to a simmer. Cook till reduced by half, 2-3 mins.



### 2. Prep time

Meanwhile, halve, peel and finely chop the **red onion**. Pick the **sage leaves** from their stalks and roughly chop (discard the stalks). Add the chopped **onion** and **sage** to the pan with the **sausagemeat**. Cook, stirring often, until beginning to soften, 3-4 mins.



### 5. Cook the cav!

When the **wheat pasta** has 5 mins left add the **cavolo nero** to the pan. Cook for 5 mins, then drain the **wheat pasta** and **cavolo nero** in a colander. **TIP: Ensure it is completely submerged in the water - pop a lid on the pan if you need to.** Stir the **creme fraiche** into the **sauce** and bring to the boil. Remove from the heat.



### 3. Cook the pasta

Meanwhile, add the **wheat spaghetti** (see ingredients for amount) to the pan of boiling **water** and cook for 8 minutes.



### 6. Finish off

Taste the **creamy sauce**, reheat and add **salt** and **pepper** if necessary. Mix the **sauce** and **wheat pasta** together and share between your bowls. Finish with a sprinkle of **walnuts** and the **hard Italian style cheese**.

**Dig in!**