



# Pork Sage and Onion Creamy Spaghetti with Cavolo Nero

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

5



Pork Sausage Meat



Red Onion



Sage



Spaghetti



Chicken Stock Powder



Cavolo Nero



Creme Fraiche



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:

Saucepan, Frying Pan, Measuring Jug and Colander.

## Ingredients

	2P	3P	4P
Pork Sausage Meat <b>13) 14)**</b>	225g	340g	450g
Red Onion**	1	1	2
Sage**	½ bunch	¾ bunch	1 bunch
Spaghetti <b>13)**</b>	180g	270g	360g
Chicken Stock Powder	1 sachets	2 sachets	2 sachets)
Cavolo Nero**	100g	150g	200g
Creme Fraiche <b>7)**</b>	150g	225g	300g
Grated Hard Italian Style Cheese <b>7) 8)**</b>	20g	30g	40g
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>408g</b>	<b>100g</b>
Energy (kJ/kcal)	3647 /872	894 /214
Fat (g)	47	11
Sat. Fat (g)	20	5
Carbohydrate (g)	86	21
Sugars (g)	10	2
Protein (g)	38	9
Salt (g)	2.72	0.67

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

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## Start Cooking

**a)** Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the pasta and cavolo nero.

**b)** Meanwhile, heat a splash of **oil** in a large frying pan over medium-high heat.

**c)** Add the **sausagemeat** and cook until starting to brown, 4-5 mins.

**d)** Break it up into small chunks with a wooden spoon as it cooks. **IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.*



## Simmer the Sauce

**a)** When the **sausage meat** 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. Stir to dissolve the **stock**.

**b)** Cook until reduced by half, 2-3 mins.



## Prep Time

**a)** Meanwhile, halve, peel and chop the **red onion** into small pieces.

**b)** Pick the **sage leaves** from their stalks and roughly chop (discard the **stalks**).

**c)** Add the chopped **onion** and **sage** to the pan with the **sausage meat**.

**d)** Cook, stirring often, until the **onion** begins to soften, 3-4 mins.



## Cook the Cav

**a)** When the **pasta** has 5 mins left add the **cavolo nero** to the pan.

**b)** Cook for 5 mins, then drain the **pasta** and **cavolo nero** in a colander. **TIP:** *Ensure the kale is completely submerged in the water - pop a lid on the pan if you need to.*

**c)** Stir the **creme fraiche** into the **sauce** and bring to the boil. Remove from the heat.



## Cook the Pasta

**a)** Meanwhile, add the **spaghetti** (see ingredients for amount) to the pan of boiling **water** and cook until tender, 8 mins.



## Finish Off

**a)** Taste the **creamy sauce**, reheat and add **salt** and **pepper** if necessary.

**b)** Mix the **sauce** and **pasta** together and share between your bowls.

**c)** Finish with a sprinkle of **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.