



# Sausage & Broccoli Spaghetti

with Creamy Cheese Sauce

Family 30 Minutes • Little Spice • 1 of your 5 a day



Garlic Clove



Cheddar Cheese



Red Chilli



Broccoli



Pork and Oregano Sausage Meat



Spaghetti



Chicken Stock Paste



Crème Fraîche



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:

Cutting Board, Knife, Saucepan, Garlic Press, Grater, Baking Tray, Frying Pan, Spoon, Colander and Bowl.

## Ingredients

	2P	3P	4P
Garlic Clove	2	3	4
Cheddar Cheese 7)**	30g	45g	60g
Red Chilli**	1	1	1
Broccoli**	1	1½	2
Pork and Oregano Sausage Meat 13) 14)**	225g	340g	450g
Spaghetti 13)	180g	270g	360g
Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche 7)**	150g	225g	300g
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	502g	100g
Energy (kJ/kcal)	4229/1011	843/202
Fat (g)	55	11
Sat. Fat (g)	26	5
Carbohydrate (g)	89	18
Sugars (g)	9	2
Protein (g)	46	9
Salt (g)	3.23	0.65

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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## Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil on high heat with ½ tsp of **salt**. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar**. Halve the **chilli** lengthways, deseed then thinly slice.



## Cook the Pasta

Meanwhile, when boiling, add the **spaghetti** to the **water**. Cook until tender, 8 mins, then drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Roast the Broc

Separate the **broccoli** into **florets** (little trees) and halve any larger ones. Pop them onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until tender and crispy, 15-18 mins. Once cooked, remove from your oven and set aside.



## Finish the Sauce

Add the **water** for the sauce (see ingredients for amount) and **chicken stock paste** to the pan with the **sausage meat**. Stir to combine, then add the **creme fraiche**. Bring up to the boil, add the **Cheddar** and stir until it has melted into the **sauce**. Turn down to a simmer and cook until thickened, 5-6 mins. Mix in the **roasted broccoli** and **half** of the **hard Italian style cheese**.



## Fry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **sausage meat** and fry until browned, 4-5 mins. Break it up with a spoon as it cooks. When brown, add the **garlic** and **half** of the **chilli** (add less if you don't like heat). Cook for a further minute. **IMPORTANT:** Wash your hands after handling raw meat.



## Combine and Serve

When the **sauce** is ready, add the drained **spaghetti** to the pan and mix well to coat it in the **sauce**. Warm through until piping hot, 2-3 mins. **IMPORTANT:** The sausage meat is cooked when no longer pink in the middle. Taste and add **salt** and **pepper** if needed. Share the **spaghetti** and **sauce** evenly between your bowls. Sprinkle over the remaining **hard Italian style cheese** and the remaining **sliced red chilli** if you want a bit more of a kick.

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.