



Sausage Ragu

with Sweet Potato, Pepper and Cheesy Garlic Bread



HELLO CIABATTA

The ciabatta was created in 1982 by a baker in Verona, Italy, in response to the popularity of French baguettes.



Sweet Potato



Yellow Pepper



Garlic Clove



Pork Sausage Meat



Mild Paprika



Dried Oregano



Finely Chopped Tomatoes with Garlic & Onion



Chicken Stock Powder



Cheddar Cheese



Ciabatta



Butter



Mangetout

MEAL BAG

Hands on: 20 mins
Total: 40 mins

2 of your
5 a day

Family Box

12

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Fine **Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Coarse Grater**, **Baking Paper**, **Baking Tray** and **Frying Pan** (with a **Lid**). Now, let's get cooking!



1 PREP TIME

Preheat your oven to 200°C. Chop the **sweet potato** into 2 cm chunks (no need to peel) Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Using your hands, break up the **sausage meat** into bite-sized chunks, about 2cm. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



2 START THE RAGU

Heat a splash of **oil** in a large, wide bottomed saucepan over medium high heat. Cook the **sausage chunks** until browned on all sides, 5-7 mins. Turn frequently. Add the **sweet potato** and **pepper**, stir to combine. Sprinkle on the **mild paprika** and the **dried oregano** and stir through. Stir in the **chopped tomatoes**.



3 FINISH THE RAGU

Add the **stock powder** and the **water** (see ingredients for amount). Bring the **mixture** to the boil. Stir to dissolve the **stock powder** then lower the heat to medium. Pop a lid on and cook until the **sweet potato** is tender and the **sausage** is cooked through, 20-25 mins. **IMPORTANT:** The sausage is cooked when it is no longer pink in the middle.



4 MAKE THE GARLIC BREAD

Meanwhile, grate the **cheddar cheese**. Slice the **ciabatta** in half (as if you are making a sandwich) and place on a lined baking tray. In a small bowl, mix the **garlic** with the **olive oil** (see ingredients for amount) and season with **pepper**. Spoon the **oil** over the **ciabatta**, then sprinkle the **cheese** on top. Ten mins before the **ragu** is ready, bake the **garlic bread** on the top shelf of your oven until the **cheese** is golden, 8-10 mins.



5 COOK THE MANGETOUT

Five minutes before everything is ready, heat a frying pan over medium heat and add the **butter**. Allow it to melt then add the **mange tout**. Toss to coat in the **butter** and season with **salt** and **pepper**. Add a splash of **water** and cover the pan with a lid or foil. Steam until tender, 4-5 mins.



6 SERVE

When the **ragu** is ready, taste and add **salt** and **pepper** if you feel it is necessary. Share between your bowls. Serve the **mangetout** on top. Cut the **cheesy garlic bread** into **wedges** and dive in! Remember, sharing, is caring. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato	300g	600g	600g
Yellow Pepper	1	1	2
Garlic Clove	1	2	2
Pork Sausage Meat (13) (14)	280g	420g	560g
Mild Paprika	½ small pot	¾ small pot	1 small pot
Dried Oregano	½ small pot	¾ small pot	1 small pot
Finely Chopped Tomatoes with Garlic & Onion	½ carton	¾ carton	1 carton
Chicken Stock Powder	½ pot	¾ pot	1 pot
Water*	200ml	300ml	400ml
Cheddar Cheese (7)	1 small block	2 small blocks	2 small blocks
Ciabatta (13)	1	2	2
Olive Oil*	1 tbsp	2tbsp	2 tbsp
Butter (7)	30g	30g	30g
Mangetout	1 pack	1½ packs	2 packs

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 620G	PER 100G
Energy (kcal)	875	141
(kJ)	3659	590
Fat (g)	49	8
Sat. Fat (g)	21	3
Carbohydrate (g)	74	12
Sugars (g)	23	4
Protein (g)	37	6
Salt (g)	4.07	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk (13) Gluten (14) Sulphites

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

👍 THUMBS UP OR THUMBS DOWN?

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