



# Speedy Sausage Linguine with Pesto and Spinach

**Rapid** 20 Minutes • 2 of your 5 a day

13



Pork and Oregano Sausage Meat



Linguine



Finely Chopped Tomatoes with Onion and Garlic



Baby Spinach



Fresh Pesto



Grated Hard Italian Style Cheese

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, frying pan, saucepan and colander.

## Ingredients

Ingredients	2P	3P	4P
Pork and Oregano Sausage Meat** <b>14)</b>	225g	340g	450g
Linguine <b>13)</b>	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Baby Spinach**	40g	100g	100g
Fresh Pesto** <b>7)</b>	50g	82g	100g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	50ml	100ml	150ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3665/876	803/192
Fat (g)	40.2	8.8
Sat. Fat (g)	13.6	3.0
Carbohydrate (g)	85.4	18.7
Sugars (g)	15.9	3.5
Protein (g)	33.9	7.4
Salt (g)	4.25	0.93

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](http://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Fry the Sausage

- Boil a full kettle.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **sausage meat** and fry until browned, 3-4 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Drain the Pasta

- Once the **linguine** is cooked, drain in a colander and pop back in the pan.
- Drizzle with **oil** and stir through to stop it sticking together.



## Linguine Time

- Pour the **boiled water** from your kettle into a large saucepan with ½ **tsp salt** on high heat.
- Add the **linguine** and bring back to the boil. Cook until tender, 12 mins.



## Add the Spinach

- Once the **sauce** has thickened, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins. Add a splash of **water** if it's a little too thick.
- Stir in the **pesto**, then taste and add **salt** and **pepper** if needed.
- Add the **cooked pasta** to the **sauce** along with **three quarters** of the **cheese** and stir to combine.



## Sauce Things Up

- When the **sausage meat** is browned, add the **chopped tomatoes** and **water for the sauce** to the pan (see pantry for the amount). Stir to combine.
- Simmer until the **sausage meat** is cooked through, 5-6 mins. **IMPORTANT:** The meat is cooked when no longer pink in the middle.



## Serve

- Share the **sausage linguine** between your bowls and scatter with the remaining **cheese**.

## Enjoy!