



# Speedy Sausage Pasta with Spinach

Rapid 20 Minutes

13



Pork and Oregano Sausage Meat



Rigatoni



Balsamic Vinegar



Tomato Purée



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



Baby Spinach



Sun-Dried Tomato Paste



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:

Frying Pan, Saucepan, Colander and Measuring Jug.

## Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat <b>13</b> <b>14)**</b>	225g	340g	450g
Rigatoni <b>13</b>	200g	300g	400g
Balsamic Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water*	50ml	75ml	100ml
Baby Spinach**	1 small bag	1 large bag	2 small bags
Sun Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese <b>7) 8)**</b>	1 pack	1½ packs	2 packs

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	515g	100g
Energy (kJ/kcal)	3638 /870	706 /169
Fat (g)	29	6
Sat. Fat (g)	13	2
Carbohydrate (g)	105	20
Sugars (g)	19	4
Protein (g)	42	8
Salt (g)	4.79	0.93

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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HelloFresh UK

Packed in the UK

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## Fry the Sausage

- Fill and boil the kettle.
- Heat a drizzle of oil in a large frying pan on medium-high heat.
- When hot, add the **sausage meat** and fry until browned, breaking it up with a wooden spoon as it cooks, 3-4 mins. (keep it quite chunky).



## Cook the Pasta

- Fill a saucepan with boiling water, add the **rigatoni** and ½ tsp of salt.
- Pop on high heat and bring the water back to the boil and simmer until the **pasta** tender, 12 mins.
- When cooked, drain the **pasta** in a colander, pop back into the pan and drizzle with oil and stir through to stop it from sticking together.



## Start the Sauce

- Add the **balsamic vinegar** to the **sausage meat** and allow to evaporate for 30 seconds.
- Stir in the **tomato purée** and cook for 2 mins.



## Cook the Sauce

- Add the **finely chopped tomatoes**, **chicken stock powder**, **water** (see ingredients for amount) and a pinch of **sugar** to the frying pan.
- Bring up to the boil, then reduce the heat to medium and simmer until thick and tomatoey, 5-6 mins. **IMPORTANT:** The *sausage meat is cooked when no longer pink in the middle.*



## Finish Up

- When the **sauce** has cooked, stir through the **spinach** a handful at a time until wilted, 2-3 mins.
- Stir through the **sun-dried tomato paste**, then season to taste with **salt** and **pepper** if needed.



## Serve

- Toss the **rigatoni** into the **sausage sauce**, along with **half** the **hard Italian style cheese**.
- Toss together until combined.
- Serve in bowls finished with a sprinkling of the remaining **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.