



Speedy Sausage Pasta with Spinach and Cheese

Rapid 20 Minutes

13



Pork and Oregano Sausage Meat



Rigatoni



Balsamic Vinegar



Tomato Puree



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:

Kettle, Frying Pan, Wooden Spoon, Saucepan, Colander, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat 13 14 **	225g	340g	450g
Rigatoni 13	200g	300g	400g
Balsamic Vinegar 14	1 sachet	1 sachet	2 sachets
Tomato Puree	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 for the Sauce*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese 7 8 **	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	515g	100g
Energy (kJ/kcal)	3618 / 865	703 / 168
Fat (g)	30	6
Sat. Fat (g)	13	2
Carbohydrate (g)	105	20
Sugars (g)	18	3
Protein (g)	41	8
Salt (g)	4.98	0.97

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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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, 3-4 mins. Break it up with a wooden spoon as it cooks (keep it quite chunky). **IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.*



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. Add the **rigatoni** and simmer until tender, 12 mins.
- When cooked, drain the **pasta** in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Start the Sauce

- Add the **balsamic vinegar** to the **sausage meat** and allow to evaporate for 30 seconds.
- Stir in the **tomato puree** 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** is 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.