



# Speedy Sausage Pasta

with Spinach

**RAPID** 20 Minutes

N° 15



Pork and Oregano Sausage Meat



Rigatoni Pasta



Balsamic Vinegar



Tomato Puree



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



Flat Leaf Parsley



Baby Spinach



Grated Italian Style Hard Cheese



## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large 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 Pasta <b>13</b>	200g	300g	400g
Balsamic Vinegar <b>14</b>	1 sachet	1½ sachets	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
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Baby Spinach**	1 small bag	¾ large bag	1 large bag
Grated Italian Style Hard Cheese <b>7</b> <b>8</b> **	1 pack	1½ packs	2 packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	522g	100g
Energy (kJ/kcal)	3558/851	682/163
Fat (g)	28	5
Sat. Fat (g)	12	2
Carbohydrate (g)	104	20
Sugars (g)	19	4
Protein (g)	42	8
Salt (g)	4.80	0.92

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7**) Milk **8**) Egg **13**) Gluten **14**) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. 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 **sausagemeat** and fry until browned, 3-4 mins. Break it up with a wooden spoon as it cooks (keep it quite chunky!).



## 4. 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.



## 2. 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, pop back in the pan and drizzle over a little **oil** to stop it sticking together.



## 5. Finish up

- Meanwhile, roughly chop the **parsley** (stalks and all).
- When the **sauce** is cooked, stir through the **spinach** a handful at a time until wilted, 2-3 mins.
- Season to taste with **salt** and **pepper** if needed.



## 3. 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.



## 6. Serve

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

**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.