



# Speedy Sausage Rigatoni with Spinach and Cheese

Family 20 Minutes • 1 of your 5 a day

11



Pork and Oregano Sausage Meat



Onion



Garlic Clove



Rigatoni Pasta



Balsamic Vinegar



Tomato Puree



Finely Chopped Tomatoes



Chicken Stock Paste



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, Saucepan, Colander, Garlic Press and Measuring Jug.

## Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat** <b>13) 14)</b>	225g	340g	450g
Onion**	1	1	1
Garlic Clove**	1	2	2
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Balsamic Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
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** <b>7) 8)</b>	40g	65g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	610g	100g
Energy (kJ/kcal)	3492/835	573/137
Fat (g)	30	5
Sat. Fat (g)	13	2
Carbohydrate (g)	92	15
Sugars (g)	19	3
Protein (g)	40	7
Salt (g)	3.89	0.64

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.

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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 spoon as it cooks (keep it quite chunky). **IMPORTANT: Wash your hands and equipment after handling raw meat.**
- Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).



## Cook the Sauce

- Add the **finely chopped tomatoes, chicken stock paste, sugar and water for the sauce** (see ingredients for both amounts) to the frying pan.
- Stir and bring to the boil. Once boiling, reduce the heat and simmer until thick, 5-6 mins. **IMPORTANT: The sausage meat is cooked when no longer pink in the middle.**



## Cook the Pasta

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



## Finish Up

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



## Start the Sauce

- Once the **sausage meat** has browned, drain and discard any excess fat. Stir in the **onion** and cook until softened, 3-4 mins.
- Stir in the **garlic** and cook for 1 min.
- Add the **balsamic vinegar** and allow to evaporate for 30 secs.
- Stir in the **tomato puree** and cook for 2 mins.



## Serve

- Add the **rigatoni** to the **sausage sauce**, along with **half the 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.