



Speedy Sausage Rigatoni with Spinach and Cheese

Rapid 20 Minutes • 2 of your 5 a day

14



Pork and Oregano Sausage Meat



Rigatoni Pasta



Balsamic Vinegar



Sun-Dried Tomato Paste



Tomato Passata



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese

Pantry Items
Sugar, Water

Before you start

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

Cooking tools

Kettle, frying pan, saucepan and colander.

Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat** 14)	225g	340g	450g
Rigatoni Pasta 13)	180g	270g	360g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Baby Spinach**	100g	200g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	448g	100g
Energy (kJ/kcal)	3262 / 780	728 / 174
Fat (g)	30	7
Sat. Fat (g)	13	3
Carbohydrate (g)	82	18
Sugars (g)	12	3
Protein (g)	38	9
Salt (g)	3.74	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) 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

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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, 4-5 mins. Break it up with a spoon as it cooks (keep it quite chunky). **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



Cook the Pasta

- Fill a large saucepan with the **boiling water** and add **½ tsp salt**. Pop on high heat.
- When boiling, 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.



Build the Flavour

- Once the **sausage meat** has browned, drain and discard any excess fat.
- Add the **balsamic vinegar** and allow it to evaporate for 30 secs.
- Stir in the **sun-dried tomato paste** and cook for 1 min.



Cook the Sauce

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



Finish Up

- When the **sauce** has thickened, stir through the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.
- Season to taste with **salt** and **pepper** if needed.



Serve

- Add the **cooked rigatoni** to the **sausage sauce**, along with **half the cheese**.
- Toss together until combined.
- Serve the **sausage rigatoni** in bowls finished with a sprinkling of the remaining **cheese**.

Enjoy!