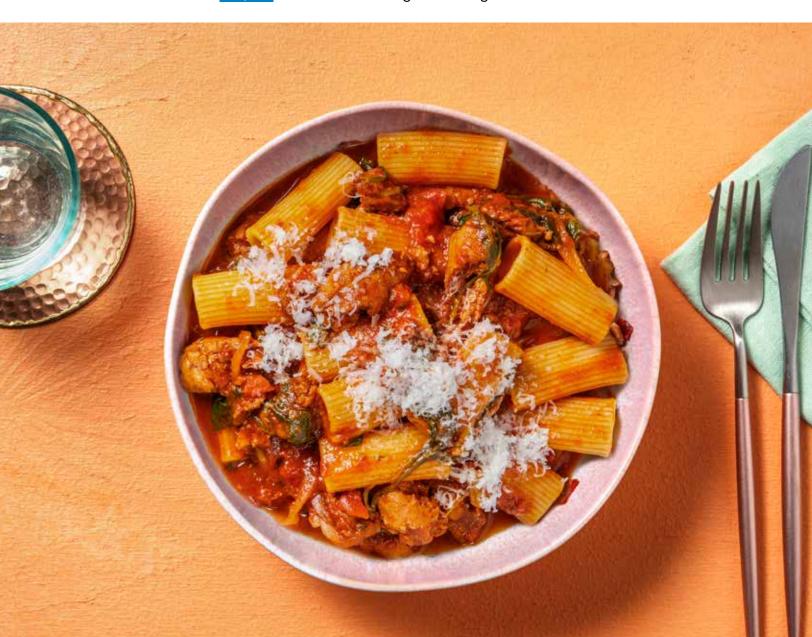


Speedy Sausage Rigatoni

with Spinach and Cheese

Rapid 20 Minutes • 2 of your 5 a day







Pork and Oregano Sausage Meat





Rigatoni Pasta



Balsamic Vinegar



Sun-Dried Tomato Paste



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese

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

mig. Conc.ic	,0			
	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	
Finely Chopped Tomatoes with Onion and Garlic	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	150g	200g	
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g	
*Not Included **Store in the Fridge				

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	543g	100g
Energy (kJ/kcal)	3438 /822	633/151
Fat (g)	30.3	5.6
Sat. Fat (g)	12.9	2.4
Carbohydrate (g)	89.4	16.5
Sugars (g)	18.3	3.4
Protein (g)	39.9	7.4
Salt (g)	5.24	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Cereals containing 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.

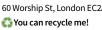
Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





Fry the Sausage Meat

- a) Fill and boil your kettle.
- b) Heat a drizzle of oil in a large frying pan on medium-high heat.
- c) 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

- a) Fill a large saucepan on high heat with the boiling water and add 1/2 tsp salt.
- b) Add the rigatoni and bring back to the boil. Cook until tender, 12 mins.
- c) When cooked, drain in a colander and pop back into the pan. Drizzle with oil and stir through to stop it sticking together.



Build the Flavour

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



Make the Sauce

- a) Add the finely chopped tomatoes, chicken stock paste, sugar and water for the sauce (see ingredients for both amounts) to the frying pan.
- b) 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.



Add the Spinach

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



Finish and Serve

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

Enjoy!