



Speedy Sausage Rigatoni with Spinach and Cheese

Rapid 20 Minutes • 1 of your 5 a day

11



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

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Kettle, frying pan, saucepan and bowl.

Ingredients

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
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3399 /812	689 /165
Fat (g)	30.0	6.1
Sat. Fat (g)	12.8	2.6
Carbohydrate (g)	89.4	18.1
Sugars (g)	18.3	3.7
Protein (g)	38.6	7.8
Salt (g)	5.20	1.05

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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

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Fry the Sausage Meat

- Fill and boil your kettle.
- Heat a drizzle of **oil** large frying pan on medium-high heat.
- Once 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.*



Pasta Time

- Fill a large saucepan on high heat with the **boiling water** and add ½ **tsp salt**.
- Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.
- 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

- 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.



Sauce Things Up

- 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, 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

- 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.



Finish and 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!