



Spiced Pork Ragu

with Pappardelle and Hard Italian Style Cheese

RAPID 20 Minutes • Little Heat • 1 of your 5 a day



Onion



Flat Leaf Parsley



Pork & Oregano Sausage Meat



Easy Garlic



Chilli Flakes



Pappardelle



Finely Chopped Tomatoes with Onion and Garlic



Tomato Puree



Baby Spinach



Hard Italian Style Cheese

Before you start

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

Basic cooking tools, you will need:

Saucepan, Large Frying Pan and Colander.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Pork & Oregano Sausage Meat 13 14)**	225g	340g	450g
Easy Garlic	1 sachet	1½ sachets	2 sachets
Chilli Flakes	a pinch	a pinch	a pinch
Pappardelle 13	200g	300g	400g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	1 large bag
Hard Italian Style Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	570g	100g
Energy (kJ/kcal)	3280 /784	576 /138
Fat (g)	28	5
Sat. Fat (g)	13	2
Carbohydrate (g)	93	16
Sugars (g)	22	4
Protein (g)	38	7
Salt (g)	4.20	0.74

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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♻️ You can recycle me!



Packed in the UK



1. Prep the Veggies

a) Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the pasta.

b) Halve, peel and thinly slice the **onion**.

c) Roughly chop the **parsley** (stalks and all).



4. Cook the Pasta

a) Meanwhile, add the **pappardelle** to your pan of boiling **water**. Cook until it's 'al dente', about 10 mins. **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.



2. Fry the Sausage Meat

a) Heat a splash of **oil** in a large frying pan on medium-high heat.

b) Add the **Sausage meat** to the pan and cook until it starts to brown, 4-5 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.

c) Break it up with a wooden spoon as it cooks.

d) Add the **onion** to the **sausage meat**, stir and cook until softened, 3-4 mins.



5. Simmer the Sauce

a) Add the **chopped tomatoes** and **tomato puree** to your **sausage mixture**.

b) Stir together and simmer for 5 mins

c) After 5 mins add the **spinach** in, a handful at a time and stir it in. Cook until the **spinach** has wilted and the **sauce** has thickened, another 2-3 mins. **TIP:** Add a sprinkle of sugar too (if you have some) It will really lift the flavour of the tomatoes.



3. Cook the Veggies

a) Add the **easy garlic** and a pinch of **chilli flakes** to the pan. **TIP:** Some like it hot, but if that's not you then go easy on the chilli flakes!



6. Combine and Serve

a) Once cooked, drain the **pasta** in a colander, pop back in the pan and drizzle over a little **olive oil** to stop it sticking together.

b) Add the **pasta** to your **ragu** along with **half** of the **parsley**. Season to taste with **salt** and **pepper**.

c) Serve on plates and top with the remaining **parsley** and the **hard Italian style 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.