



Spiced Pork Ragu

with Pappardelle and Hard Italian Style Cheese

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

5



Flat Leaf Parsley



Garlic Clove



Pork and Oregano Sausage Meat



Pappardelle



Chilli Flakes



Finely Chopped Tomatoes with Onion and Garlic



Tomato Purée



Baby Spinach



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:

Saucepan, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2 cloves	3 cloves	4 cloves
Pork and Oregano Sausage Meat 14)**	225g	340g	450g
Pappardelle 13)	200g	300g	400g
Chilli Flakes	a pinch	a pinch	a pinch
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Tomato Purée	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	2 small bags
Grated 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	484g	100g
Energy (kJ/kcal)	3169 / 758	655 / 157
Fat (g)	28	6
Sat. Fat (g)	13	3
Carbohydrate (g)	87	18
Sugars (g)	17	3
Protein (g)	37	8
Salt (g)	3.73	0.77

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.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Prep!

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

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

c) Peel and grate the **garlic** (or use a garlic press).



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. Break it up with a wooden spoon as it cooks. **IMPORTANT:** The sausage mince is cooked when it is no longer pink in the middle.



Cook the Pasta

a) Meanwhile, add the **pappardelle** to your pan of boiling **water**. Cook until it is '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.



Garlic Time

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



Simmer the Sauce

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

b) Stir together and simmer for 5 mins.

c) After 5 mins add the **spinach**, 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.



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 **grated 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.