



# Spicy Pork and Spinach Ragu with Pappardelle and Cheese

**Rapid** 20 Minutes • Mild Spice • 1 of your 5 a day

14



Garlic Clove



Pork and Oregano Sausage Meat



Pappardelle



Chilli Flakes



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Tomato Puree



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

Saucepan, garlic press, frying pan and colander.

## Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Pork and Oregano Sausage Meat** <b>13) 14)</b>	225g	340g	450g
Pappardelle <b>13)</b>	200g	300g	400g
Chilli Flakes	1 pinch	2 pinch	2 pinch
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Sugar*	½ tsp	¾ tsp	1 tsp
Tomato Puree	1 sachet	1½ sachets	2 sachets
Baby Spinach**	100g	200g	200g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	40g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>534g</b>	<b>100g</b>
Energy (kJ/kcal)	3225/771	604/144
Fat (g)	29	5
Sat. Fat (g)	13	2
Carbohydrate (g)	83	15
Sugars (g)	18	3
Protein (g)	38	7
Salt (g)	4.90	0.92

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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## Get Prepped

**a)** Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pappardelle**.

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



## Fry the Sausage Meat

**a)** Heat a drizzle 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. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Cook the Pasta

**a)** Meanwhile, add the **pappardelle** to your pan of **boiling water** and bring back to the boil.

**b)** Cook until tender, 10 mins.



## Garlic Time

**a)** While the **pasta** cooks, add the **garlic** and the **chilli flakes** to the pan. **TIP:** Add less chilli if you don't like too much heat. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Simmer the Sauce

**a)** Add the **chopped tomatoes**, **chicken stock paste**, **sugar** (see ingredients for amount) and **tomato puree** to the pan.

**b)** Stir together and simmer until slightly thickened, 5-6 mins.

**c)** Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.



## Finish and Serve

**a)** Once cooked, drain the **pappardelle** in a colander.

**b)** Add the **cooked pasta** to the **sauce** and stir in **half the hard Italian style cheese**. Taste and season with **salt** and **pepper** if needed.

**c)** Serve the **spicy pork ragu** in bowls. Sprinkle over the remaining **cheese** to finish.

Enjoy!