



Spicy Pork and Spinach Ragu with Linguine and Cheese

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day

14



Garlic Clove



Pork and Oregano Sausage Meat



Linguine



Chilli Flakes



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Tomato Puree



Baby Spinach



Grated Hard Italian Style Cheese

Pantry Item
Sugar

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, colander and bowl.

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Pork and Oregano Sausage Meat** (14)	225g	340g	450g
Linguine (13)	180g	270g	360g
Chilli Flakes	1 pinch	2 pinches	2 pinches
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	100g	200g
Grated Hard Italian Style Cheese** (7) (8)	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	544g	100g
Energy (kJ/kcal)	3377 /807	621 /148
Fat (g)	29	5
Sat. Fat (g)	13	2
Carbohydrate (g)	88	16
Sugars (g)	18	3
Protein (g)	41	7
Salt (g)	4.91	0.90

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

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Get Prepped

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

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) Once the **oil** is hot, add the **sausage meat** to the pan and cook until it starts to brown, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

c) Use a spoon to break it up as it cooks, then drain and discard any excess fat.



Cook the Pasta

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

b) Cook until tender, 12 mins.



Add the Flavour

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

b) Cook until fragrant, 30 secs.



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. **TIP:** Add a splash of water if it gets too thick.

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 **linguine** in a colander. Pop back into the pan and drizzle with **oil** to stop it sticking together.

b) When the **spinach** has wilted, 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!