



Pork Linguine

with Courgettes

N° 11

FAMILY Hands On Time: 15 Minutes • Total Time: 25 Minutes • Little Heat • 1 of your 5 a day



Courgette



Red Onion



Garlic Clove



Pork and Oregano Sausage Meat



Finely Chopped Tomatoes



Chicken Stock Powder



Linguine



Chilli Flakes



Italian Style Grated Hard Cheese

Before you start

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

Basic cooking tools you will need:

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

Ingredients

	2P	3P	4P
Courgette**	1	2	2
Red Onion**	1	1	1
Garlic Clove**	1 clove	1 clove	2 cloves
Pork and Oregano Sausage Meat 13) 14)**	225g	340g	450g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Linguine 13)	200g	300g	400g
Chilli Flakes	a pinch	a pinch	a pinch
Italian Style Grated Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	611g	100g
Energy (kJ/kcal)	3571 / 854	585 / 140
Fat (g)	27	4
Sat. Fat (g)	12	2
Carbohydrate (g)	107	18
Sugars (g)	21	3
Protein (g)	42	7
Salt (g)	3.27	0.54

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, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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. Do the Prep

Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Bring a large saucepan and cook for 1 minute more, then remove the **veg** to a bowl and set aside. Add a little more **oil** to the now empty pan and pop back on medium-high heat. Add the **sausage meat** and fry until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT:** The sausage meat is cooked when it is no longer pink in the middle.



4. Cook the Pasta

While the sauce is cooking, add the **linguine** to your pan of boiling **water**. Cook for 12 mins. **TIP:** Add a splash of the pasta water to the sauce if it starts to look too thick!



2. Start the Sauce

Heat a drizzle of **olive oil** in a frying pan on medium-high heat and add the **courgette** and **onion**. Fry until starting to soften, 5-6 mins. Stir in the **garlic** and cook for 1 minute more, then remove the **veg** to a bowl and set aside. Add a little more **oil** to the now empty pan and pop back on medium-high heat. Add the **sausage meat** and fry until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT:** The sausage meat is cooked when it is no longer pink in the middle.



5. Combine

When the **pasta** is cooked, drain it in a colander. Add the drained **pasta** to the pan with the **sauce** and toss or stir together.



3. Simmer the Sauce

When the **sausage meat** has browned, return the **vegetables** to the pan. Add the **chopped tomatoes** and **chicken stock powder** along with a pinch of **sugar** (if you have some). Season with **salt** and **pepper**. Stir together, bring to the boil then reduce the heat and simmer until thickened, 10-12 mins.



6. Finish and Serve

If you like a bit of heat, add a pinch of **chilli flakes** to the **pasta** before serving. Careful - the **chilli flakes** are hot! Sprinkle over 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.