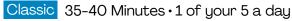


Rich Sausage Meat Ragu Al Forno

with Hard Italian Style Cheese and Spaghetti









Pork and Oregano Sausage Meat





Mixed Herbs



Tomato Passata



Red Wine



Spaghetti

Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Ovenproof pan, lid, saucepan and colander.

Ingredients

ingi caicites							
Ingredients	2P	3P	4P				
Pork and Oregano Sausage Meat** 14)	225g	340g	450g				
Carrot**	1	2	2				
Mixed Herbs	1 sachet	1 sachet	2 sachets				
Tomato Passata	1 carton	1½ cartons	2 cartons				
Red Wine Stock Paste 14)	28g	42g	56g				
Spaghetti 13)	180g	270g	360g				
Sun-Dried Tomato Paste	25g	38g	50g				
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g				
Bacon Lardons**	90g	120g	180g				
Pantry	2P	3P	4P				
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp				
Water for the Sauce*	150ml	225ml	300ml				
Butter*	20g	30g	40g				
*Not Included **Store in the Fridge							

Nutrition

TACCITCION			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	421g	100g	466g	100g
Energy (kJ/kcal)	3678/879	874/209	4165/996	894/214
Fat (g)	37.3	8.9	47.0	10.0
Sat. Fat (g)	17.7	4.2	21.0	4.0
Carbohydrate (g)	93.3	22.2	94.0	20.0
Sugars (g)	18.5	4.4	19.0	4.0
Protein (g)	36.5	8.7	44.0	10.0
Salt (g)	4.88	1.16	6.00	1.00

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

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

Let us know what you think!

Share your creations with **#HelloFreshSnaps**Head to <u>hellofresh.co.uk</u> or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ

You can recycle me!





Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. TIP: If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the **sausage meat** to the pan. **IMPORTANT:** Wash your hands and equipment after handling raw sausage meat.

CUSTOM RECIPE

If you've chosen to add **bacon lardons**, add them to the pan with the **sausage meat** and cook both as instructed in the next step. **IMPORTANT**: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Prep and Fry

Fry until the **sausage** has browned, 5-6 mins. Use a spoon to break it up as it cooks. When the **sausage meat** has browned, drain and discard any excess fat.

Meanwhile, trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.



Bring on the Ragu

Once the sausage meat is browned, stir in the mixed herbs, passata, red wine stock paste, chopped carrot and sugar and water for the sauce (see pantry for both amounts). Season with salt and pepper.

Bring the **sauce** up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **meat** is tender and the **sauce** has thickened, 20-25 mins. **IMPORTANT**:

The sausage meat is cooked when no longer pink in the middle.



Pasta la Vista

When there are 15 mins of **ragu** cooking time left, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **spaghetti**.

When boiling, add the **spaghetti** to the **water** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Stir Together

Remove the **ragu** from the oven, stir in the **sun-dried tomato paste**, **cooked pasta**, **butter** (see pantry for amount) and **half** of the **hard Italian style cheese**.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** to loosen the **sauce** if you'd like.



Finish and Serve

Divide your **ragu al forno pasta** between your serving bowls.

Sprinkle over the remaining **hard Italian style cheese** to finish.

Enjoy!