



Rich Sausage Meat Ragu Al Forno with Hard Italian Style Cheese and Spaghetti

Classic 35-40 Minutes • 1 of your 5 a day



Pork and Oregano Sausage Meat



Carrot



Mixed Herbs



Tomato Passata



Red Wine Stock Paste



Spaghetti



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Bacon Lardons

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

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

Typical Values	Custom Recipe			
	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

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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.*



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.



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.



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.



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.*



Finish and Serve

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

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

Enjoy!