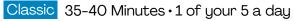


Rich Sausage Meat Ragu Al Forno

with Hard Italian Style Cheese and Spaghetti









Pork & Oregano Sausage Meat







Dried Thyme



Red Wine



Sun-Dried Tomato Paste



Italian Style Cheese

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	
Dried Thyme	1 sachet	1½ sachets	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	37g	50g	
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g	
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	Per serving	Per 100g
for uncooked ingredient	496g	100g
Energy (kJ/kcal)	3671 /877	740 / 177
Fat (g)	37.3	7.5
Sat. Fat (g)	17.7	3.6
Carbohydrate (g)	93.4	18.8
Sugars (g)	18.5	3.7
Protein (g)	36.4	7.3
Salt (g)	4.85	0.98

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 hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK Packed in the UK The Fresh Farm

60 Worship St, London EC2A 2EZ





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 and fry until the **sausage** has browned, 5-6 mins. Use a spoon to break it up as it cooks. IMPORTANT: Wash your hands and equipment after handling raw sausage meat.



Prep the Carrot

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

Once the **sausage meat** has browned, drain and discard any excess fat. IMPORTANT: The sausage meat is cooked when no longer pink in the middle.



Bring on the Ragu

Stir the dried thyme, passata, red wine stock paste, chopped carrot and the sugar and water for the sauce (see pantry for both amounts) into the sausage meat. Season with salt and pepper.

Bring the **sauce** up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the meat is tender and the sauce has thickened. 20-25 mins.



Pasta la Vista

When the **ragu** has 15 mins left, bring a large saucepan of water to the boil with 1/2 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, then stir in the sun-dried tomato paste, cooked pasta, butter (see pantry for amount) and half the hard Italian style cheese.

Add a splash of water to loosen the sauce if you feel it needs it.



Serve Up

Share your ragu al forno pasta between your serving bowls.

Sprinkle over the remaining hard Italian style cheese to finish.

Enjoy!