



Speedy Sausage Rigatoni with Spinach and Cheese

Quick 20 Minutes • 2 of your 5 a day

13



Pork and Oregano Sausage Meat



Rigatoni Pasta



Balsamic Vinegar



Sun-Dried Tomato Paste



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Kettle, frying pan, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Pork and Oregano Sausage Meat** 14	225g	340g	450g
Rigatoni Pasta 13	180g	270g	360g
Balsamic Vinegar 14	12ml	12ml	24ml
Sun-Dried Tomato Paste	25g	50g	50g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** 7) 8	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	478g	100g
Energy (kJ/kcal)	3243 / 775	678 / 162
Fat (g)	27.2	5.7
Sat. Fat (g)	11.0	2.3
Carbohydrate (g)	89.5	18.7
Sugars (g)	19.7	4.1
Protein (g)	35.2	7.4
Salt (g)	5.04	1.06

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, cereals containing 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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Fry the Sausage Meat

- Boil a full kettle.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **sausage meat** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw meat. It's cooked when no longer pink in the middle.



Pasta Time

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan on high heat.
- Add the **rigatoni** and **½ tsp salt** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Build the Flavour

- Once the **sausage meat** has browned, drain and discard any excess fat.
- Add the **balsamic vinegar** and allow it to evaporate, 30 secs.
- Stir in the **sun-dried tomato paste** and cook for 1 min.



Sauce Things Up

- Add the **finely chopped tomatoes, chicken stock paste, sugar and water for the sauce** (see pantry for both amounts) to the **sausage meat**.
- Stir and bring to the boil, then lower the heat.
- Simmer until thickened, 5-6 mins.



Add the Spinach

- Once the **sauce** has thickened, stir through the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.



Finish and Serve

- Add the **cooked rigatoni** to the **sausage sauce**, along with the **hard Italian style cheese**.
- Toss together until combined.
- Share the **sausage rigatoni** between your bowls.

Enjoy!