



Speedy Herby Sausage Linguine with Pesto and Spinach

Quick 20 Minutes • 1 of your 5 a day

9



British Pork and Oregano Sausage Meat



Linguine



Finely Chopped Tomatoes with Onion and Garlic



Baby Spinach



Pesto



Grated Hard Italian Style Cheese



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Olive Oil

+ Add Bacon Lardons

If you chose to add bacon lardons, 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

Kettle, frying pan, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
British Pork and Oregano Sausage Meat** 13 14	225g	340g	450g
Linguine 13	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Baby Spinach**	40g	100g	100g
Pesto 7	32g	48g	64g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
British Smoked Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	510g	100g	555g	100g
Energy (kJ/kcal)	3884 / 928	762 / 182	4371 / 1045	788 / 188
Fat (g)	44.1	8.6	53.2	9.6
Sat. Fat (g)	15.5	3.0	18.4	3.3
Carbohydrate (g)	92.8	18.2	93.7	16.9
Sugars (g)	16.2	3.2	16.2	2.9
Protein (g)	40.0	7.8	47.7	8.6
Salt (g)	4.95	0.97	6.18	1.11

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

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.

+ Add Bacon Lardons

If you're adding **bacon**, add it to the pan with the **sausage meat**. Fry for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



Drain the Pasta

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



Linguine Time

- Pour the **boiled water** from your kettle into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- Add the **linguine** and bring back to the boil. Cook until tender, 12 mins.



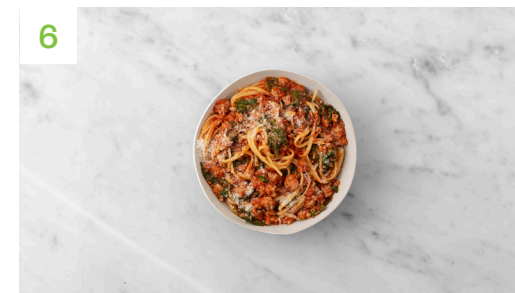
Add the Spinach

- Once the **sauce** has thickened, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins. Add a splash of **water** if it's a little too thick.
- Stir in the **pesto**. Add the **cooked pasta** to the **sauce** along with **three quarters** of the **cheese** and stir to combine.
- Add a splash of **water** if it's a little too thick. Taste and add **salt** and **pepper** if needed.



Sauce Things Up

- When the **sausage meat** is browned, add the **chopped tomatoes** and **water for the sauce** to the pan (see pantry for the amount). Stir to combine.
- Simmer until the **sausage meat** is cooked through, 5-6 mins. **IMPORTANT:** The sausage meat is cooked when no longer pink in the middle.



Serve

- Share the **sausage linguine** between your bowls.
- Sprinkle over the remaining **cheese** to finish.

Enjoy!