



# Creamy Harissa Sausage Pasta

with Tomatoes, Olives and Walnuts

**CLASSIC** 30 Minutes • Little Heat • 1.5 of your 5 a day

N° 3



Hickory Smoked Sausage



Brown Onion



Garlic Clove



Baby Plum Tomatoes



Spring Onion



Rigatoni Pasta



Harissa Paste



Crème Fraîche



Olives



Walnuts

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Saucepan, Baking Tray, Fine Grater (or Garlic Press), Colander, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Hickory Smoked Sausage <b>14</b> **	2	3	4
Brown Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Spring Onion**	1	2	2
Rigatoni Pasta <b>13</b>	200g	300g	400g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche <b>7</b> **	100g	150g	225g
Olives	1 pouch	1½ sachets	2 sachets
Walnuts <b>2</b>	1 small pot	1 large pot	1 large pot

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	4115/984	925/221
Fat (g)	56	13
Sat. Fat (g)	17	4
Carbohydrate (g)	92	21
Sugars (g)	14	3
Protein (g)	32	7
Salt (g)	2.20	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

2) Nut 7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

### Contact

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## 1. Bake the Sausages

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with a ½ tsp of **salt**. Pop your **sausages** on a lightly oiled baking tray, bake on the top shelf of your oven until cooked, 25-30 mins, turning halfway through cooking.

**IMPORTANT:** The sausages are cooked when no longer pink in the middle.



## 4. Finish the Sauce

Once the liquid has reduced, stir in the **crème fraîche**, bring to the boil, then remove from the heat. Have a quick tidy up now if your sausages haven't quite finished cooking! When the **sausages** are cooked, remove from the oven and carefully slice into 2cm wide rounds on a board using a knife and fork.



## 2. Prep

While the sausages cook, halve, peel and thinly slice the **onion** into half moon shapes. Peel and grate the **garlic** (or use a garlic press). Quarter the **tomatoes**. Trim the **spring onion** and thinly slice. When the **water** is boiling, add the **rigatoni** and simmer until tender, 12 mins. Once cooked, drain the **pasta** in a colander, pop back in the pan and drizzle with **oil** to stop it sticking together.



## 5. Combine

Add the **sausages** to the **sauce** and stir to combine. Taste and add **salt** and **pepper** if necessary. Warm the **sauce** through if you feel it needs it, 1-2 mins. Add the **drained pasta** and **half** the **olives**. Mix everything together until well combined. **TIP:** Add a splash of water if the sauce looks a little dry.



## 3. Make the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and fry until softened, stirring occasionally, 5-6 mins. Add the **garlic**, **tomatoes** and **harissa paste** and cook, stirring until the **tomatoes** have softened slightly, 2-3 mins. Pour in the **water** (see ingredients for amount), stir together, reducing the heat if necessary. Simmer until the **sauce** has reduced by half, 3-4 mins.



## 6. Finish and Serve

Divide the **pasta** between bowls and sprinkle over the **walnuts**, **spring onion** and remaining **olives**.

Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.