

Creamy Harissa Sausage Pasta

with Tomatoes, Olives and Walnuts

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











Hickory Smoked Sausage



Garlic Clove



Brown Onion



Baby Plum Tomatoes



Spring Onion



Rigatoni Pasta



Harissa Paste



Crème Fraîche





Walnuts

Before you start

Our fruit, veggies and herbs need a wash before vou 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 14) **	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 13)	200g	300g	400g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche 7)**	100g	150g	225g
Olives	1 pouch	1½ sachets	2 sachets
Walnuts 2)	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

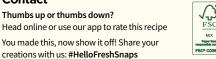
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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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Packed in the UK



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.



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.



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.



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.



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.



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.